



City of Albuquerque

EAP Newsletter

"The City of Albuquerque's most valuable asset is its employees!"

March 27th, 2020

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Helpful Links for you and your family:

Stress Management Resources:

Using Humor to Cope with Stress

Article with tips for using a sense of humor to cope with stress

15 Minute Guided Relaxation

A Guided Relaxation Exercise

Managing Stress in a Difficult Time FREE Webinar

The Solutions group is offering FREE webinars to help you manage stress. Click the link above to register for the webinar on Monday March 30th from 9-10am

The Importance of Inclusion



By Jordan Vargas, ADA Coordinator

Individuals with disabilities have been facing advanced challenges to inclusivity for decades. It was not until recently, within the past 50 years, that the civil rights of this community have begun to be protected. The Rehabilitation Act of 1973 was the first legislation that was passed in reference to protection of civil rights of individuals with disabilities including employment, education, and public access.

However, this bill only applied to organizations that received federal funding. In July of 1990, the Americans with Disabilities Act was passed the protected individuals in private business and places of public accommodation such as movie theaters and restaurants.

In an effort to increase inclusivity and awareness in the City of Albuquerque, the Americans with Disabilities Act Title II Coordinator position was created. This position is tasked with ensuring equal access to all City facilities and programs and works directly with the public. This position also includes working very closely with the Office of Civil Rights, the Office of Equity and Inclusion, and will assist City Departments with reviewing programmatic and physical accessibility so all of Albuquerque can access our services. One Albuquerque is not just a motto; it's our mission and our goal. Inclusivity is an important part of everyday life and the City of Albuquerque is committed to protecting the civil rights of all individuals in our community. More training in regard to inclusiveness for all individuals will be coming soon for City staff. Stay tuned!

Dave's Fitness Blog: How Are You Doing?



By Dave Pulliam, Health and Wellness Coordinator

How are you doing? We are on our second week of social distancing, so how would you rate your success? Would you give yourself an A, B, or maybe an incomplete? You survived the week so you didn't fail, but did you accomplish everything you planned? Let's look at your successes first.

Write down what you did right. Don't just think about it, but literally write it down. It is important to acknowledge your successes. Even if you just went for a walk or planned one healthy and balanced meal, that is a success because you are going to build upon these successes.

COVID-19 Resources For Kids and Families:

[Handwashing: A Family Activity](#)

Tips on Handwashing for adults and kids from the CDC

[COVID-19 Tips and Resources for Families](#)

Information and resources for families on how to stay safe and healthy during quarantine

More Physical Activity Resources (Please consult your physician before starting any exercise program):

[Boho Beautiful Yoga](#)

An easy flow for beginners

[The Fitness Marshall](#)

Free 30-minute workout that you can do at home!

[PE With Joe](#)

Joe Wicks is doing daily PE Videos for you and your kids during the quarantine!

Home Learning Resources and Activities for Kids While Schools are Closed:

[50 At-Home Art Projects for Kids](#)

Lots of projects to do with your little ones

[Busy Toddler](#)

Resources and activities for parents with young children

[Amazon: Future Engineer](#)

Free online computer science courses for children ages 6-12

[Flinn Scientific At-Home Activities](#)

At home science activities for middle and high school kids

Now look at what didn't go as planned. Don't beat yourself up for it, but try to figure out why. Do your kids refuse to eat vegetables or is the pollen count keeping you inside? Then look for ways to hide vegetables in the foods they will eat, or activities you can do inside. Did work, household chores or TV take up all your time, leaving none for planning or moving? Try making specific schedules for everything you do each day.

If you thought what you did was boring, look a little further. There are thousands of options and varieties. For strength try:

- [Nerd Fitness: Beginner Bodyweight Workout](#)
- [SELF: Bodyweight Exercises You Can Do From Home](#)
- [Ace Fitness: 25 At-home Exercises](#)

For cardio and mental health, try one of our City trails, parks, or bike paths (please remember social distancing when going outside of the house):

- [City of ABQ Bike Map](#)
- [City of ABQ Open Spaces Map](#)
- [City of ABQ Parks Map*](#)

You are trying to form new routines and new habits. You can't do the old routine of going to the gym or class, or counting on your sports league to keep you moving. You need to follow the rules of socially isolating, but you also need to keep yourself as healthy as possible. This will help your body fight off diseases, and hopefully allow you to recover faster if you are exposed. So, take your successes, and add to them. Even adding one or two more things will help. Expect that things will not be perfect, but do strive for better results. Giving a good effort now will also make it easier when we all can go back to our normal routines. And maybe you will bring one or two good habits with you!

*Please note that while city parks remain open, city playgrounds are closed at this time

[Weekly Inspirational Quote:](#)

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." —Epicurus

[On Gratitude](#)

By Paul Grabowsky, EAP Counselor

Definition of *gratitude*: the state of being grateful

During this time of collective anxiety, it is difficult to focus on the positive things that happen to us every day of our lives. When we are under stress for long periods of time, negative thinking about ourselves, the situation, and others can be overwhelming. One way to combat this is reframing our own thinking. Looking for the things in our lives that we are grateful for is one tool we have for reframing our thinking. Even spending a small amount of time on gratitude every day can alter patterns in our brain and clear out some of the "fog".

A photo journal is a great way to begin creating energy around daily gratitude. Simply take a photo with of anything that you may be grateful for. This could be the smile of a loved one, a plant that you are growing, or a pet; anything and everything that you are grateful for. Put the photos in a folder and after 3 weeks, create a slide show and share with your family and friends!

For more ways to practice daily gratitude click [HERE](#).

***Crisis Management
Resources:***

AGORA CRISIS CENTER
1-866-HELP-1-NM

**NEW MEXICO CRISIS AND
ACCESS LINE**
1-855-NMCRISIS

**SUICIDE PREVENTION
LIFELINE**
1-800-273-TALK

**NATIONAL DOMESTIC
VIOLENCE HOTLINE**
1-800-799-SAFE

HOPELINE: CALL OR TEXT
1-877-235-4525

***We'd Love to Hear
From you!***

***Please call or email us
for more information on
our program or to set up
an appointment! Our
contact info is below!***

Phone (8am-5pm):
(505) 768-4613

Email:
lcampos@cabq.gov

After Hours Phone:
(505) 254-3335

**TalkSpace is a text
therapy platform free to
CABQ Employees and
family members 14 and
older (must have
Presbyterian Insurance
thru CABQ)**

Relaxation: Deep Breathing

By Michelle Heyman, EAP Counselor

Even in the best of times, things in life can become overwhelming. Tension and anxieties can increase when we become stressed, and let's be honest; all of the changes recently definitely qualify as stressful! You can actually feel stress in your body; from stomachaches to headaches to chest pain... even forgetfulness can all be symptoms of stress. So the question is how can you decrease your body's stress symptoms during these difficult stressful times?

Did you know that you have a built in "de-stressor"... in fact; you're actually using it right now? Its your breath... just the act of breathing is your body's own natural de-stressor. When you get stressed you can sometimes forget to breathe, or to breathe deeply and then you increase the natural "stress" response in your body. Think about when you get startled. Your body's first response is to gasp or take in a deep breath and hold it... to prepare for the danger coming, its your fight or flight response.

Now try this... take a deep breath in and hold it. Feel how your body tenses up, your shoulders, neck and chest muscles get tighter, and it's hard to relax them with your breath held. Now blow it out slowly... feel how your body relaxes on the exhale, your shoulders drop and even your facial muscles relax. The act of breathing out is your body's natural relaxant. Focus on the breath, how it feels going into your nose or mouth, how it sounds leaving your body, how you naturally relax as you exhale and "blow" away all the tension and worry. Become mindful of your body's own natural built in de-stressor.

Below is a meditative breathing exercise that you can use now or anytime you feel the need to de-stress. You can do it anywhere, at home or work or in the car. It's a simple way to remind yourself that even when things feel stressful, you have control over your body and how you respond to stress.

4 Squared Breathing Technique

1. Breathe in through your nose and while breathing in count to 4.
2. Hold the breath and count to 4
3. Blow the breath out slowly through your mouth and count to 4
4. Rest at the bottom and count to 4

Repeat this sequence 4-6 times until you feel a returned sense of calm.

When you focus on your breath and counting, the mind becomes focused and in the present. The mind cannot be in two places at one time, so you cannot focus on your breath AND worry about the future or relive the past at the same time. If you feel your mind drifting back to worry, gently bring it back to focusing on the breath.

For more on mindful breathing check out The Art of Breathing by Dr. Danny Penman, Google search "Mindfulness Breathing Techniques", or click the links below!

[UCLA Mindful Awareness Research Center](#)
[Positive Psychology: Mindfulness for Children](#)

Thank you for reading! Please stay safe and healthy out there!