



# City of Albuquerque EAP Newsletter

*“The City of Albuquerque’s most valuable asset is its employees!”*

May 22<sup>nd</sup>, 2020

## In This Issue

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- Dave’s Fitness Blog
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## Helpful Links for you and your family:

### *Stress Management and Emotional Wellness*

#### *Resources:*

#### [My Stress Tools](#)

Click the link to register for this free online stress-reduction program!

#### [Free Webinars from the Solutions Group](#)

Click here to sign up for a variety of free Webinars offered by the Solutions Group

#### [Getting Started With Mindfulness: Meditation Tips from Mindful.org](#)

This article from Mindful.org contains tips and directions for getting started with meditation

## Ready, Set, Go! Tips for Good Telehealth

By Michele Heyman, LPCC, EAP Therapist



There have been so many changes during quarantine, and one of the things that has changed drastically is the ability to do your once face-to-face counseling sessions from the comfort... of your beds? In your pajamas? Driving in your cars on the freeway? With your family, parents, partners or kids watching Netflix in the same room... Okay, maybe that’s not happening, but perhaps it is. Your counseling sessions are important and maybe its time to treat your telehealth counseling appointments as if you were meeting with your therapist in person. Here are a few tips to make the most of your telehealth sessions.

### GET READY: Get yourself and your space ready for your session

Get dressed. You may not feel like it matters but it does. Your pajamas are comfy, but would you really wear them to your counseling session? What you wear actually sets the different moods between home and work. Your therapy sessions are as important as work, so you should show up for your session dressed and ready to do the work.

Find a quiet, private place. If the bathroom is your most quiet place, then that works, but what is important is that you have **privacy**. Find a place where you won’t be disturbed. A counseling session is your time to be able to talk freely with your telehealth provider and creating a private space will increase your ability to do that.

Stop Multitasking. A car is a great place to carve out privacy, as long as it’s parked in your garage. If you are driving during a session your **focus** will be divided and you likely won’t get as much from your session. You want to be able to focus on your session. Sit in an upright position so your body and mind feel like its time to pay attention.

### GET SET: Get your telehealth electronics in order

Set up. Place your computer or phone in the best position for you to have uninterrupted visual contact with your telehealth provider. Use a table or a desk if possible to avoid jostling the device around on your lap during your session. Check your camera and mic to be sure they are working.

Charge up. Nothing is more frustrating than your battery dying in the middle of a conversation. Before your session, make sure your device is charged sufficiently. Position yourself near an outlet if possible so that you can plug in if needed. If the WiFi signal isn’t great, ask others to refrain from using it while you have your session.

Listen up. Sometimes it’s harder to maintain focus when you are on a phone call or a video session due to what’s going on around you. Headphones or ear buds might be helpful to block out the surrounding noise and help create focus.

**Physical Activity Resources (Consult with Your Physician before engaging in physical activity):**

[Yoga with Cassandra](#)

This 15-minute slow flow is all about stretching those hips

[Fitness Blender: Cardio](#)

A full-body cardio work out with no equipment needed from Fitness Blender

[18 Dance Workouts from Pop Sugar Fitness](#)

This link to Pop Sugar Fitness contains 18 different fun dance workouts to try at home!

**Resources for staying healthy and busy:**

[40 Things You Should Do During Quarantine](#)

This article from Reader's Digest has suggestions on 40 things you can do for yourself during quarantine

[Read These Safety Tips Before You Venture Out Into Public](#)

This CNN Health article contains things to consider and tips for safely going out into public

[Running Essential Errands](#)

The CDC provides tips for staying healthy and safe while running essential errands

**GO: Bringing your best self to your session**

Bring your tools. Do you like to have a cup of coffee or a water bottle in your session? If you have any homework or questions bring them and a pad and paper if you take notes. Maybe a box of tissues? How about a ball to squeeze or a favorite blanket? Plan to have all the things that help you relax nearby during your session.

Remember to check in. Communication in telehealth visits can be challenging for both you and the therapist. Try to be as clear and articulate as you can during your session. If it's a visual meeting, make eye contact, smile or nod, let them know you understand them. Don't be afraid to check in with the therapist to see if you are being understood as well. It's all about connecting with your therapist to give you the best possible telehealth experience.

Keeping these tips in mind, you are now ready to GO to your session. Whether you are in your car, or in your bathroom, trying some of these tips could help you have a more meaningful, positive telehealth session.

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**Weekly Inspirational Quote:**

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."* –Harriet Tubman

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**Dave's Fitness Blog: Holiday**

**By Dave Pulliam, Health and Wellness Coordinator**



We are at the unofficial kickoff to Summer. The weather is warm, bordering on hot, and we all have dreams of vacation and outdoor fun. But the reality is we are not going to Disney World, or even Cliff's. Most places for boating or camping are not open. Things may be slowly opening up, but recreational activities are further down the list. And when they do open, it will be in limited capacity with limited numbers allowed. If you thought your gym was busy, wait until they can only operate at 25% capacity. You will not only wait for a machine, you will wait to get in the door.

So, what should we do? Some will opt to just give up and sit at home, but you are better than that. The key is to make a plan. And not only a plan A, but also a plan B, C, and D. If you want to golf, reserve a tee time. Can't get the time you want? Play tennis instead. Can't get a court when you want? Plan a bike ride or hike. Bosque Trail too crowded? Pick a trail in the foothills. If you want to get outside and move, you have options now. You just need to be flexible. You aren't planning activities for 10 people, it is just you and your family or close friend. You may still need to do the majority of your exercise at home, but there are more things available outside your door, with more to come. You will not get to do everything you did last year, but with a little planning and effort, you can do much more than the last two months. Show patience and put in the effort to be safe. This is the slow path to what we remember as normal.

I do want to mention that this upcoming holiday has an original purpose and meaning. Memorial Day is a day to remember those who we have lost that gave service to our country. Since we are all spending much more time with our family, take the time to tell the stories of your family members who sacrificed so you could have a better life.

Our options for activity and exercise are expanding. And as long as we all follow the basic rules of distancing and hygiene, they will continue to gradually expand. You can see the plans and find out what options are coming through these links:

[Status of City Services](#) [CABQ Plan for Reopening](#) [COVID Safe Practices](#)

**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](mailto: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)

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## [CABQ Stress Academy: June 11<sup>th</sup>, 2020](#)

FREE Stress Reduction Academy Webinar  
Thursday, June 11, 2020 11:30 a.m. - 1:00 p.m.

### [Open to employees and family members](#)

At the Stress Reduction Academy, you will be provided with the basics on how to cope with stress and become more resilient to improve your overall well-being.

The Webinar will feature a panel of speakers, including James E. Porter. James E Porter is president of StressStop.com, a company that has been providing stress management and resilience training over 30 years. Mr. Porter is the author and creator of many materials which include workbooks, training videos, hundreds of articles, and a weekly blog on stress management.

His work has been reviewed in medical journals, including *The Journal of Family Practice* and *The Journal of Cardiopulmonary Rehabilitation*. He has appeared on CBS MORNING NEWS. His articles on stress have been republished by *Forbes*, *Medical Daily*, *Apple News*, and *Inc*.

To visit StressStop.com and access the free stress management resources please click the "My Stress Tools" link in the column to the left on the first page.

**Registration required. Please register by June 9.**

<https://attendee.gotowebinar.com/register/198088421169678607>

Click the link above or text **BRAIN** to 505-207-7801 for the registration link

### [ALL ATTENDEES RECEIVE:](#)

Smoothie demo • Strategies for coping with COVID-19 stress

Stress Stop resource • Participant packet

**[We look forward to seeing you there!](#)**

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**[Thank you for reading! Please stay safe and healthy out there!](#)**