

Q7. E.A.P. stands for:

a. Electronic Particle Accelerator

b. Extensible Authentication

c. Electro Active Polymer

d. Employee Assistance Program

You learn something every day.

The Employee Assistance Program (EAP) is a free service that offers self-referred, short-term, confidential counselling for personal and work concerns.

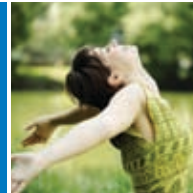
Manager Assist is a telephone advisory service providing management advice and support to principals and workplace managers.

Personal Wellbeing:

1. Make a point of exercising.
2. Maintain a healthy diet, even on busy days.
3. Beware of power naps, which sometimes prevent a good night's rest.
4. Find something that you really enjoy and make time to do it everyday,

for example reading a chapter in a book or enjoying a television program.

5. Nurture yourself.
6. Prevent facing failure by setting smaller goals for yourself.
7. Break bigger goals down into manageable goals, so that you experience success more frequently.
8. Take time to enjoy your success, before moving on to your next goal.
9. Allow yourself leisure time, without feeling guilty about it.
10. Accept any support and help offered you. It is not failure to accept help.



Every
child,
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Are you
all wound up?



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Stress

Everyone gets stressed from time to time. Sometimes though, stress can build up to the point where it can be difficult to get anything done at all. Recognising stress, and knowing how to respond before it becomes a problem, is critical to ensuring you can negotiate life's problems before they affect your physical and mental health.

Respond: Notice the early warning signs when you get stressed (eg. difficulty sleeping or concentrating) and take action. Figure out what helps you to de-stress (eg. going for a walk, coffee with friends) and try to find the time to do it. By de-stressing you are more likely to be able to look at the problem objectively and with a fresh perspective.

Divide: A major driver of stress is the perception that a problem is insurmountable. By breaking down the problem into multiple smaller problems, you can identify and prioritise small actions which can contribute to a solution.

Control: Identify what parts of the stressor you can control and which parts are beyond your control. Don't waste your time trying to control things you can't change, and instead focus your efforts on the things you can change.



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Need help to reduce your stress?

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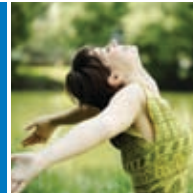
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Stress Buffers

Stress buffers are simple things which make us more resistant to stress. Examples include:

- talk regularly about your thoughts and feelings
- take regular exercise (appropriate to your age and health)

- practice relaxation or meditation
- a healthy diet
- make moderate use of alcohol
- taking regular holidays
- hobbies and interests
- friendships
- fun
- a good balance between home and work
- rest



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Lobsters have blue blood.



Feeling a little 'blue' yourself?

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Depression

Depression is sometimes referred to as the common cold of psychological disorders, affecting approximately one in five people at some stage in their lives. Depression is an illness. Dealing with depression is not easy, and it can be difficult to motivate yourself if you feel depressed.

Some ways of assisting you to deal with depression include:

- Speak to a trusted friend or family member
- Try to stay away from alcohol or drugs
- Put the effort into doing something that you enjoy
- Keep fit and healthy
- Speak to your GP



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