



Real solutions for real business

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Wellness Wire

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Issue

Published by CARE's WorkLife Solutions to help employees with life management issues.

April is Alcohol Awareness Month

When many people think of alcohol abusers, they picture someone who is "down and out", on the verge of losing their job and home and probably in a troubled marriage. They might envision this person have financial difficulties or being arrested for drunk driving. They picture someone who drinks often and has a difficult time functioning and making it through a normal day. While this may be true in some cases, it is not typical. Alcohol abuse is prevalent within all demographic groups. People of all ages, gender, race and economical status may abuse alcohol. They may drink daily or they may only drink on occasion. Groups that could be categorized as alcohol abusers include:

- College students who binge drink at a party
- Pregnant women who drink and put their babies at risk for Fetal Alcohol Syndrome
- Professionals who drink after a long day of work to ease the stress
- Senior citizens who drink out of loneliness

One recent study showed that almost 23 percent (54 million) of Americans participated in binge drinking within 30 days prior to taking the Substance Abuse & Mental Health Services Administration's National Survey on Drug Use and Health. Of those, almost half admitted to being alcohol dependent.

Today more than ever, in these hard economic times, people are turning to alcohol to "help ease the pain" of job loss, financial woes, relationship stress and overall uncertainty about the future. To recognize the serious problem of alcohol abuse and its potentially devastating effects, April is designated "Alcohol Awareness Month." This provides an annual observance and an opportunity for people to take a look at their drinking patterns and the negative impact it may be having on their physical and emotional health, employment and relationships.

CARE's WorkLife Solutions offers employees, and their spouses and teenagers, a chance to be screened to see if their drinking habits may be risky. This screening is **free** and is **confidential**.

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink sometimes because you feel angry or sad or stressed?
- Does your drinking ever make you late for work? Has it ever made you miss a day of work?
- Does your drinking worry your family or friends?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Have you ever regretted something you said or did while under the influence of alcohol?

If you suspect that you or someone you love might have a drinking problem, please contact CARE's WorkLife Solutions to talk to a clinician or to schedule a screening assessment. You may also call for resources such as Alcoholics Anonymous, Families Anonymous, Al-Anon and Alateen.

Believe that life is worth living and your belief will help create the fact. William James



**We Can Help - Family Problems - Child Care - Personal/Job Stress - Alcohol/Drug Abuse - Marital Tension
Elder Care - Emotional Problems - Legal and Financial Referral - And Much More!**

CARE's WorkLife Solutions - Services are FREE and confidential to employees, their spouses and dependents. Call Toll Free 866.888.1555 or www.caresworklifesolutions.com

You Can Go Green at Work

Greener homes are in the spotlight these days, but what about our offices where many of us spend a lot of our time? Some simple changes of habit can save energy and resources at work and can persuade the powers-that-be at your workplace to adopt environmentally friendly (and often cost-effective) policies. Saving the company money, and saving our environmental resources, are both good ideas!

Be bright about light

- ♦ Turn off the lights when you're leaving any room for 15 minutes or more and utilize natural light when you can.
- ♦ Install timers or motion sensors that automatically shut off lights when they're not needed.

Maximize computer efficiency

- ♦ Turn off your computer, and the power strip it's plugged into, when you leave for the day. Otherwise, you're still burning energy. During the day, setting your computer to go to sleep automatically during short breaks can cut energy use by 70 percent. Remember, screen savers *don't* save energy.
- ♦ Make sure that old equipment is properly recycled. Old computers that still work, and are less than five years old, can be donated to organizations that will refurbish them and find them new homes. (You may even get a tax deduction.)

Print smarter

- ♦ The average U.S. office worker goes through 10,000 sheets of copy paper a year.
- ♦ Print on both sides or use the back side of old documents for faxes, scrap paper, or drafts. Avoid color printing and print in draft mode whenever feasible.
- ♦ Consider switching to a lighter stock of paper or alternatives made from organic materials. Recycle toner and ink cartridges and buy remanufactured ones. According to Office Depot, each remanufactured toner cartridge "keeps approximately 2.5 pounds of metal and plastic out of landfills and conserves about a half gallon of oil."

Go paperless when possible

- ♦ Think before you print: could this be read or stored online instead? When you receive unwanted catalogs, newsletters, magazines, or junk mail, request to be removed from the mailing list before you recycle the item.
- ♦ Put employee manuals & similar items online, rather than distribute print copies. They're easier to update this way too.

Ramp up your recycling

- ♦ Recycle everything your company collects. Just about any kind of paper you would encounter in an office, including fax paper, envelopes, and junk mail, can be recycled. So can your old cell phone, PDA, or pager.
- ♦ Place recycling bins in accessible, high-traffic areas and provide clear information about what can and can not be recycled.

Close the loop

- ♦ Purchase office supplies and furniture made from recycled materials.

Watch what (and how) you eat

- ♦ Bring your own mug and dishware for those meals you eat at the office.
- ♦ Use reusable dishes, silverware, and glasses. Use filtered drinking water to reduce bottled-water waste.

Reconsider your commute

- ♦ Carpool if possible. Bike or walk to work if you can. It saves energy and can make you healthier. Talk to your supervisor about telecommute explaining that it's a nice perk that's also good for the planet! Most employees say they get more done and are more productive when they are allowed to work from home, even if it is just one or two days per week.

Create a healthy office environment

- ♦ Use nontoxic cleaning products.
- ♦ Brighten up your cubicle with plants, which absorb indoor pollution and create oxygen.



Source: sierraclub.typepad.com

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