

August  
2019

# FRONTLINE EMPLOYEE

AllOne Health  
Employee  
Assistance  
Program

This issue:

- Don't Discourage Mental Health Counseling
- Heat Stress on the Job
- Pitfalls of Passive Parenting
- Reducing Mental Health Problems in College
- Buffering Effects of Cyberbullying

## Don't Discourage Mental Health Counseling

How would you react to your loved one desiring mental health counseling? Would you think for a moment his or her getting help reflects negatively on you? Your opinion may weigh heavily, and lack of support could postpone getting help for years. When a loved one asks for help, play a supportive role, be empathetic, and seek guidance from your EAP. Remember that the stigma of seeking mental health counseling is a strong force to overcome, so you can assume your loved one's need is greater than you may perceive.

## Heat Stress on the Job

The Occupational Safety and Health Administration has no regulations governing labor in the hot sun, but there are guidelines. Heat exposure can lead to fatigue that increases accidents, so be sure to hydrate. OSHA recommends "eight ounces of water every 15 to 20 minutes if you are engaging in moderate work activities for less than two hours. ... Drink sports beverages containing electrolytes if you're sweating for several hours." Reduce job strain by using the right tools and getting help carrying heavy items. Look out for each other as coworkers, and know the warning signs of heat-related illness—heavy sweating, dizziness, feeling faint when attempting to stand—and how to treat it.

## Pitfalls of Passive Parenting

If your parenting style is too passive, you probably know it and worry about it. Fear of a child's reaction and catering to demands can fuel defiant behavior. Help is available. Get an assessment from your EAP, and grab this new book, "Discipline with Love and Limits: Practical Solutions to Over 100 Common Childhood Behavior Problems." (July 2019) You can start now to help your child practice self-control, cope with sadness, postpone gratification, and gain critical life skills they need—but don't wait.

800.451.1834

## Reducing Mental Health Problems in College

One in four college students will experience a mental health disorder at some point when faced with the stress of academic and social challenges. The key challenges for college students are health problems, financial stress, relationship issues, and academic pressures. More than 50% of students will struggle with three or more of these stressors at the same time. Talk with your student about mental health and how it is not uncommon to experience emotional stress at school. Communicate regularly—keep an open channel. You will spot issues and problems sooner and be a more effective helper. Show you can listen to your student's concerns without being judgmental. Be aware of college counseling resources so you can recommend them. If you are a college student with a history of mental health struggles, avoid drug use and have a personal support plan if the going gets tough.

## Buffering Effects of Cyberbullying

Cyberbullying has been blamed for depression, anxiety, suicidal thinking, and tragically, suicide itself among youth. The social platform most commonly associated with cyberbullying is Instagram. Research shows that the more socially connected young teens are to their parents and the more they engage in school/community events, the more resilient and resistant to the effects of cyberbullying they are. Social connectedness was shown to provide a “buffering” effect among 200 youth considered at risk for bullying. Young teens least likely to be resistant to the emotional anguish of bullying were those teens whose primary strong connections are only with peers or friends. The recommendations: Place high value on developing close relationships with young teens. Reduce screen time, and keep them engaged in school-based/community activities.

800.451.1834