

HSWL – BASE SEATTLE NEWSLETTER

SPRING 2011

STRESS MANAGEMENT: Life is filled with unexpected ups and downs. Whether you are worried about a problem at work or dealing with a personal issue at home, stress can hinder your ability to move forward. By reviewing <http://foh.hhs.gov/whatwedo/eap/EAPInformation.asp> you will learn the following about stress management:

- Recognize the warning signs
- Laugh your stress away
- Utilize exercise to manage stress
- Reduce tension through relaxation
- Cope with stress by making healthy decisions
- Achieve work-life balance

MAY IS ASIAN-PACIFIC AMERICAN HERITAGE MONTH:

[HTTP://ASIANPACIFICHERITAGE.GOV/](http://asianpacificheritage.gov/).

MAY IS MENTAL HEALTH MONTH 10 Steps to work on our own mental health:

1. Connect with others.
2. Stay positive.
3. Get physically active.
4. Help Others.
5. Get enough sleep.
6. Create joy and satisfaction.
7. Strengthen your sense of humor.
8. Eat well.
9. Take care of your spirit.
10. Deal better with hard times.
11. Get professional health if you need it.

The above ideas are not new but they do provide a roadmap for better mental health. Much more information on each idea is available at WWW.LIFEYOURLIFEWELL.ORG. No matter your age, rank, or income, we can all benefit from a review of these simple ideas and how to make them work in our lives.

May 24-25, 2011 FERS Retirement Seminar

June 7, 2011 Executive Leadership Programs

June 21-22, 2011 CSRS Retirement Seminar

August 28, 2011

Federal Employees Day at the Mariners

The Civilian Personnel Office recently updated their website: <http://www.uscg.mil/civilianHR/>

For copies of SF50's (Notice of Personnel Actions) visit: <https://eopf/nbc.gov.dhs>

DID YOU KNOW? All Active Duty and Civilian Service employees and their family members are eligible to use the EAP (Employee Assistance Program). Services available include six sessions for information, assessment, short-term problem solving, and referrals . Also included are free phone consultations and referrals to discounted legal and financial counseling services. All services can be accessed by calling: 1-800-222-0364, checking out the website at www.worklife4you.com , or by contacting your Work-Life staff EAP coordinators: Kristin Cox or Shirley Dujardin at 1-800-872-4957 ext 313. All services are confidential and free.

Navy's MORE Substance Abuse Recovery Program is expanding its treatment options by adding the use of a web-based approach to its modes of reaching its target audience. Access to this new service can be found at: <https://www.navymore.org/home.html>

This NEWSLETTER will be published Quarterly. Submissions to be sent to roberta.l.chang@uscg.mil

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