



BHS A.S.S.I.S.T. Spotlight

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Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



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Bouncing Back: Resiliency

Life is full of ups and downs; everyone faces daily struggles and conflicts, and has coped with them. *Resiliency* is the ability to bounce back from adversity. Being resilient comes easier for some individuals. They appear to be balanced, happy, creative and strong.

What is their secret? Resilient people cope with the stressors in life and become stronger. They bounce back from problems with more smarts and power. Everyone can improve and develop their resiliency skills. Everyone wants to get through setbacks quicker and better, and recover from adversity. It just takes practice.

So, how do you improve your resiliency? See change as a part of life. Consider embracing change rather than fighting it.

Take charge. Going ballistic or avoiding the problem usually does not help. Stay cool, calm and collected; manage your attitude and behavior. Find ways to solve the problem when you are in control and have a plan.

Think positively. An optimistic outlook is helpful and a hopeful perspective makes a difference. Positive thinking makes it so. See yourself as achieving and succeeding — even dark clouds have silver linings.

Keep your perspective. You may limit your options with a poor perspective. Remember what your family probably told you; the situation will blow over. Use a long-range view to cope with the current problem; a

negative view is counterproductive. Monitor your perceptions of and your reactions to the event. Change your view and responses as needed, so you can manage them effectively.

Practice self-care. You can best handle problems when the body, spirit and mind are nourished. Exercise, rest, sleep, eat well, and relax often. Find fun hobbies and activities and engage in them frequently.

Lessons learned. Review how you have effectively handled past stressful or difficult times. Use similar resiliency strategies when tackling present problems. Know that you can handle it!

Resiliency expert tip. Try a new approach or strategy when old ones are not working or fail.

Create a game plan.

- How do you plan to bounce back?
- What are your best rebounding skills and strategies?
- How and when will you use resiliency skills?
- Who are your coaches?

Equip your mind and body to deal with stresses that come your way.

If you are concerned about your mental health, don't hesitate to seek advice. BHS is available 24 hours a day, 7 days a week by calling 800-245-1150.



Back to School: Supporting Your Child's Mental Health During COVID-19

The COVID-19 pandemic has caused major disturbances to daily life for children and they may feel these changes deeply. While the return to school may be exciting for many students, others will be feeling anxious or frightened. When you talk to your children, be reassuring, patient and relaxed. Here are some ideas for helping your children handle the emotions they may be facing with going back to school or beginning the school year with virtual learning.

If my child is afraid to go back to school, how can I help put her at ease? Starting a new school year can be stressful in normal times, and the anxiety level can certainly increase during a global pandemic. Have an open conversation with her about her worries, and let her know it's natural to feel anxious.

If your children have been learning at home these past months, they may feel nervous or reluctant to return to school. Talk with them about some of the changes they may expect at school, such as needing to wear personal protective equipment like masks. Children may also find it difficult to be physically distanced from classmates and teachers while at school. Encourage your children to think about other ways to stay connected.

Reassure children that the safety measures in place are meant to keep students and teachers safe and healthy.

Remind them that they can help prevent the spread of germs by washing their hands with soap and sneezing or coughing into their elbow.

Protective face coverings make my child feel nervous. What can I say to reassure him? Approach your conversation with empathy, saying you understand he is feeling anxious about coronavirus, but that it's alright to talk about his emotions and worries. Children may also get upset or frustrated with their face coverings, especially when running or playing. Reassure your child that adults are working hard to keep your family safe, but emphasize how important it is to follow the guidelines to protect the more vulnerable individuals.

How can I check in to see how my child is coping? Be calm and proactive when you speak with your children — check in to see how they are doing. Their emotions may change regularly; show them that this is alright. Children take cues from adults in their lives, especially parents and teachers. Therefore, it's important that adults manage their own emotions and remain calm, listen to children's concerns, speak kindly and reassure them.

If you are concerned about your child's mental health, don't hesitate to seek advice. Help is available 24 hours a day, 7 days a week by calling 800-245-1150.



Time Management is Life Management

Time is a unique resource of which everyone is given an equal amount — a gift of 24 hours each day. How you invest that gift is a major factor in how you feel about your life.

The simple reality is that time is not manageable. Time is a finite, limited, predictable, but renewable resource. Time spent today is gone forever, but tomorrow you get a new day and new chance to manage your life. With time limited, how do you learn to do better when handling your time and teaching your children to do the same? If you wish to help children with time and life-management skills, you as the adult need to better model those things you would have your children do. You need to model good life-management skills in order to teach. The single best teaching tool for life management is to model the desired behavior. Take charge of yourself in the framework of time and invest yourself in those things that matter most in your life.

Learning to Set Priorities. Setting priorities is a matter of deciding what is really *important to you*. What activities and roles give your life meaning? These are the parts of your life where you most want to succeed. Deciding on these priorities provides a means to make time choices, helping you to determine where it is important to invest yourself and where you can let go.

Set Yourself as a Priority. You need to be one of the priorities you set for yourself. Think of meeting your own personal needs as taking care of a valuable piece of equipment. You need routine maintenance — the care and attention you often direct at others needs to be directed towards yourself. Insisting on time to relax and pursue some of your own interests is not selfish. Rather it is like changing the filters on your furnace. It will keep you operating more effectively in the other areas of your life.

Crab-Stuffed Avocados

Ingredients: 1/2 cup canola mayonnaise · 1/4 cup fresh lemon juice · 3 tablespoons chopped fresh tarragon · 1/2 teaspoon black pepper · 12 ounces lump crabmeat, shell pieces removed · cooking spray · 2 ripe avocados, halved and pitted

Directions: Combine first 4 ingredients in bowl; gently fold in crab. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Place avocado halves, cut sides down, in pan; cook 2 minutes or until lightly browned. Place avocado halves, cut sides down, on a cutting board; cut a very small (1/16 inch) slice from the bottom of each half so that it stands flat. Turn over; spoon about 1/2 cup crab mixture into each avocado half.

