

# EMPLOYEE ASSISTANCE PROGRAM

WE ARE EXCITED TO WELCOME LIBERTY EAP TO THE  
CENTER FOR FAMILY LIFE AND RECOVERY EAP FAMILY!

YOUR EAP NEWSLETTER

April 2020



National Stress Awareness Month

## Tips for working from home

For many of us our morning commute helps us to shift gears, the time we spend travelling between home and work helps us to feel ready to start our work day by the time we pull into the parking lot.....So how do you trick your mind and body into going to work when you are stuck at home? 1) Try following your normal routine and pretend you are still going to work, set your alarm, get up and get ready like you were going into the office. 2) Keep a structure to your day. It is easy to get sidetracked when the dishes are piling up and the kids are bored. Maintaining a schedule and calendar that is close to what your office day looked like is a great way to stay on task. 3) Use household chores as a timer, you can throw in a load of laundry and work on a particular work project during the wash cycle and then commit to another work task while the clothes are drying. This will help you to stay on task while also giving you an opportunity to manage multiple tasks at once. This idea can also be used to train the kids to stay on task as well!



## Practice Makes Perfect

Take advantage of working from home, get outside! Studies show that a brisk 10 minute walk can boost creativity and attentiveness. Go solo or make it a family affair and take the kids with you!

**CFLR understands now more than ever your mental health is a priority! We have adapted our EAP counseling services to accommodate the new COVID-19 safety precautions. It's easy to set up a virtual appointment just call 315-733-1709 or after 5pm 315-733-1726.**

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Center For Family Life and Recovery now partnered  
with Liberty EAP

[www.whenthereshelpthereshope.com](http://www.whenthereshelpthereshope.com)