

EMPLOYEE ASSISTANCE PROGRAM

YOUR EAP NEWSLETTER
DECEMBER 2020



Now partnering with Liberty

The Power of Volunteering

Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know volunteering can benefit your own health as well? Researchers have attempted to measure the benefits that volunteers receive including positive increases in self esteem, increased trust in others and increased social interaction. From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults, such as:

Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.

Volunteering gives a sense of purpose and teaches valuable skills. Think about how hard it is to meet people and find common ground. Volunteering brings generations together!

Volunteering may reduce stress levels. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Covid-19 Volunteer Ideas

<https://www.redcross.org/volunteer/become-a-volunteer/urgent-need-for-volunteers.html>

<https://www.feedingamerica.org/take-action/volunteer>

<https://www.meals.org/volunteer>

Write simple letters of support for your local Hero's!! Send cards and letters to your local nurses, ambulance crew, police and fire departments!

To: _____
**Thank you for all you do
for the community!!
You are appreciated!**

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 an 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



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