

# EMPLOYEE ASSISTANCE PROGRAM

YOUR EAP NEWSLETTER

MAY 2020

National Mental Health Awareness Month



Now partnering with Liberty EAP

## A Brief History....

Mental Health Awareness month began over 70 years ago with the help of a man named Clifford Beers who had experienced the turmoil of mental institutions during the early 20th century. Beers had written a book called "a Mind that Found Itself" about his own mental health journey. His book created an interest for reform in how mental institutions were governed. In 1908 Beers founded a society for Mental Hygiene and within 10 years the Surgeon General of the United States asked Beers to draft a mental hygiene program. This program was then implemented for use in the U.S. military. In 1949 Mental Health America in conjunction with the Jaycees began Mental Health Week. Over the years it was expanded to a whole month. The goal now, as it was in 1949 is to help bring awareness and understanding of mental health illness. This May the theme is tools 2 thrive. For more information go to [Tools 2 Thrive.](#)

## The importance of Sleep

Exercise and healthy eating habits are usually the spotlight of how to live well. But sleep is a huge factor in not only your physical but mental well being. Studies show a lack of sleep can affect short and long term memory, obesity, diabetes and cardiac health. According to [Sleephealth.org](#) 50-70 million people suffer from a sleep disorder. If you are having trouble with your sleeping patterns try some of these tricks. Forget trying to count sheep instead try keeping your eyes open. The concept is the same, your brain focusing on one thing helps to soothe your mental state and segue into slumber. Sometimes a change in position can help re-trigger your mind. If you are having trouble falling asleep or if you wake up in the middle of the night, flip which end of the bed you put your head, this can trick your mind to not associating, not sleeping with where you are laying. And lastly do not forget to

get enough Vitamin D. Recent studies show that a Vitamin D deficiency can impact how we sleep. Getting outside for a walk and eating foods like eggs (with the yolks), salmon and foods fortified with Vitamin D can help!



## Practice Makes Perfect

Start a bedtime routine! A half an hour before bed put away your phone and turn off the TV. Take a few minutes to make a to do list for the next day, get a warm drink, wash your face and dab some lavender oil on your temples. Start the routine at the same time every night and be consistent. It takes time for your body's rhythms to re-adjust to a new way of falling to sleep.

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