



THE EMPLOYEE ENHANCEMENT NEWSLETTER



DEER OAKS EAP SERVICES

HELPFUL RESOURCES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

JAN
17

January Online Seminar

Mind Your Money

Learn how to develop a “stress plan” to visualize a more positive financial future. Understand the process of prioritizing your needs and exploring the full extent of your assets.

Available on demand January 17th
at www.deeroakseap.com

About Your EAP

Life Can Be Hectic. The EAP Can Help You Find Your Balance.

Deer Oaks, your EAP, is always available to you and your household members. If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact Deer Oaks by calling the Helpline. Counselors are available 24/7 to provide you with immediate care.

Work/Life Website

www.deeroakseap.com

Resources and support are right at your fingertips through our Work/Life website. Log on today to browse articles, resource links, calculators, self-assessments, audio and video files, online courses, and online seminars.

Helpline: 888-993-7650
Web: www.deeroakseap.com
Email: eap@deeroaks.com

Make 2017 Your Year to Quit



Every January 1, people all over the world make New Year's resolutions. If you're one of the nearly 7 in 10 U.S. smokers who want to quit, why not make a resolution to get started? Smoking is still the number 1 cause of preventable death and disease in the United States. Quitting now can cut your risk for diseases caused by smoking and leave you feeling stronger and healthier.

Tiffany, a former cigarette smoker, was 16 when her mother—also a smoker—died of lung cancer. Despite her loss, Tiffany started smoking. She finally decided to quit when her daughter Jaelin turned 16, because she could not bear the thought of missing out on any part of Jaelin's life, like her own mother did. Her effort to quit began with setting a specific date to quit smoking and reaching out to family and friends for support.

Most smokers who want to quit try several times before they succeed, but you can take steps that can improve your chances of quitting for good.

Develop a quit plan.

Planning ahead is a major part of successfully quitting smoking. Smokefree.gov offers details on how to create an effective quit plan, including

- Picking a quit date
- Letting loved ones know you're quitting so they can support you
- Listing your reasons to quit smoking
- Figuring out what triggers make you want to smoke so you can avoid them, especially during the early days
- Having places you can turn to for help right away, including the free resources listed below

Use free, effective resources.

There are many free resources for people trying to quit smoking:

- 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569) (for Spanish speakers)—This free service offers a lot of resources, including coaching, help with making a quit plan, educational materials, and referrals to other resources where you live: <https://smokefree.gov/talk-to-an-expert>.
- Smokefree TXT—This free 24/7 texting program sends encouragement, advice, and tips to help smokers quit smoking for good. To get started, just text QUIT to 47848, answer a few questions, and you'll start receiving messages: <https://smokefree.gov/tools-tips/smokefreetxt-signup>.
- Online Help—This Tips From Former Smokers Web page provides helpful online quit resources: <http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitting-resources.html>.

- Smokefree App—The QuitGuide is a free app that tracks cravings, moods, slips, and smokefree progress to help you understand your smoking patterns and build the skills needed to become and stay smokefree: <https://smokefree.gov/apps-quitguide>.

Find a medication that's right for you.

Talk to your health care provider about medicines that may help you quit smoking. Because cigarettes contain nicotine, a powerfully addictive drug, when you first quit, your body may feel uncomfortable until it adjusts. This is known as withdrawal, and there are medications that can help lessen this feeling and the urge to smoke.

Studies show that smokers who use medicine to help control cravings, along with coaching from a quitline, in a group, or from a counselor, are much more likely to succeed than those who go it alone. Talk to your doctor, pharmacist, or other health care provider before using any medications if you

- Are pregnant or nursing
- Have a serious medical condition
- Are currently using other medications
- Are younger than 18

Many options are available if you are considering using medications to help you quit smoking. The most common smoking medications are nicotine replacement therapies (NRTs), which give your body a little of the nicotine that it craves without the harmful chemicals found in burning cigarettes. Examples of Food and Drug Administration–approved NRTs that you can buy over the counter include

- Nicotine patches
- Nicotine gum
- Nicotine lozenges

NRTs that need a prescription include nicotine inhalers and nasal spray. Your doctor can also prescribe medication that does not contain nicotine (such as bupropion or varenicline) to help you quit smoking completely.

Isn't now the perfect time to quit smoking? You can start 2017 as a healthier you by making a quit plan, using free resources, and finding a smoking medication that's right for you. Even if you don't smoke yourself, you can use this article to help a friend or family member become smokefree in 2017!

Source: U.S. Centers for Disease Control and Prevention (CDC); National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. (Updated 2015, December 28). Make 2016 your year to quit. Retrieved November 22, 2016, from <http://www.cdc.gov/>

Winter Itch

All winter flakes are not made of snow. Cold weather, with its low relative humidity, wreaks havoc on your skin, making it dry and flaky. Skin dries out if it's deprived of moisture, and this dryness often aggravates itchiness, resulting in a condition commonly referred to as "winter itch."

During the winter the air is drier, and indoor heating further robs your skin of moisture. Fortunately, there are several ways that you can replenish the water content of your skin.

Dr. Robyn Gmyrek, a dermatologist and director of the Skin and Laser Center at New York–Presbyterian Hospital/Columbia University Medical Center, suggests the following skin advice:

- **Moisturize daily.** Petrolatum or cream-based moisturizers are far better than lotions for normal to dry skin. If you have sensitive skin, choose a moisturizer without fragrance or lanolin. Apply moisturizer directly to your wet skin after bathing to ensure that the moisturizer can help to trap surface moisture.
- **Limit the use of hot water and soap.** If you have "winter itch," take short lukewarm showers or baths with a non-irritating, non-detergent-based cleanser. Immediately afterward, apply a thick cream or a petroleum-jelly-type moisturizer. Gently pat skin dry.
- **Humidify.** Dry air can pull the moisture from your skin. Room humidifiers can be very helpful. However, be sure to clean the unit and change the water according to the manufacturer's instructions to reduce mold and fungi.
- **Protect yourself from the wind.** Cover your face and use a petrolatum-based balm for your lips.
- **Protect your skin from the sun.** Remember that winter sun can also be dangerous to the skin. Even in the winter months you should use a sunscreen with a sun-protection factor of 15 or greater if you will be outdoors for prolonged periods.
- **Avoid winter tanning.** Tanning beds and artificial sunlamps are always damaging to your skin and increase your risk of skin cancer.
- **Take vitamin D supplements.** During the summer months your natural vitamin D production increases due to daily sun exposure, but when winter rolls around that exposure decreases. Taking vitamin supplements can ensure that you are getting the recommended amounts of vitamin D all year.

Health-e headlines™

Hold a Family Financial Meeting

Do you have a family CFO? The family CFO is the family member who is responsible for the family finances - paying the bills, tracking the budget, and managing savings. While most families have one person who is in charge of the family budget, it's essential that all family members understand the financial situation of the family, as well as the short-term and long-term goals.

When changes occur with the family's financial situation, including layoffs, increased bills, or unexpected medical situations, it's a good idea to have a family meeting to talk about the financial implications.

Gather all of the family members together, including any children who are old enough to understand. While some parents may not want to involve their kids in any negative financial discussions, it's a great way to teach your children financial responsibility, and also gain their understanding and cooperation with any changes you will be making. Not only will your children be more inclined to assist with your changes, it will also help set them up for financial literacy in the future.

Before the meeting, the family CFO should do some analysis to determine what the current situation is for the family. If an event has occurred that will require major changes in spending, having some information about what should change would be a helpful starting point for discussion.

The family financial meeting should occur with little to no distraction. Keep the television off, and refrain from answering the phone, texting, or looking at your Blackberry. During the meeting, the family CFO should lead the discussion, explaining what changes are occurring, and how that will impact everyone. Depending on the ages of your children, brainstorming some solutions is a great way to involve the entire family. Use this Worksheet to determine how much money your family spends. Discuss all alternatives that are available, and agree on the changes as a family. Read our tips on how to save money on groceries and school supplies.

Going forward, having some follow-up discussions is helpful. The family CFO can explain how well the family is following the financial plan, and the family can continue to refine the financial plan.

About Money Management International

Money Management International (MMI) is a nonprofit, full-service credit-counseling agency, providing confidential financial guidance, financial education, counseling and debt management assistance to consumers since 1958. MMI helps consumers trim their expenses, develop a spending plan and repay debts. Counseling is available by appointment in branch offices and 24/7 by telephone and Internet. Services are available in English or Spanish. To learn more, call 800.432.7310 or visit www.MoneyManagement.org.

