

APRIL NEWS 2022

Empowering you with information for
your emotional and physical wellbeing

Alcohol Awareness Month and Caregiver Care

CONTENTS

- 2 // Triggers for Alcohol Use
- 3 // Support for Alcohol Use Disorder
- 4 // Dealing with Stress as a Caregiver
- 5 // Addressing Alcohol and Addiction
- 6 // Resources & Events

.....

April is National Alcohol Awareness Month.

The COVID-19 pandemic and at-home quarantine has increased the sales, consumption, and binge-drinking of alcohol. Take a moment for alcohol awareness this month.

.....



800.386.7055

<https://worklife.uprisehealth.com/>

Access Code: worklife



Triggers for Alcohol Use



Understanding your triggers

Triggers can be different for everyone. If you are working on reducing your alcohol intake, it can help to know your triggers and create coping mechanisms to respond or avoid.



Environmental triggers

Sometimes a specific town, restaurant, or setting can trigger the urge to drink. This can be visiting your favorite hometown bar or your old college, or a specific date like St. Patrick's Day or Super Bowl Sunday.



Human triggers

This is when a specific person or group of people reminds you or encourages you to drink. This can be a friend, family member, coworker, or a team like softball or bowling.



Emotional triggers

This includes positive and negative emotions. When you feel sad, angry, lonely you may turn to alcohol and likewise when you are overcome with happiness or positive thoughts. When we celebrate, we can lose track of our consumption and we can lose our power to say 'no'.



Social triggers

Many people drink due to social issues such as isolation from family or friends. Trouble with romantic relationships, children or extended family can make drinking an attractive way to deal with stress.



Read More About Alcohol Use

If you are interested in learning more about alcohol use or support for reduced alcohol consumption, read through our recent alcohol awareness blog: <https://link.uprisehealth.com/alcohol-awareness>

HEALTH ISSUES RELATED TO ALCOHOL USE

LIVER PROBLEMS

Alcohol use can lead to multiple liver disorders including steatosis, alcoholic hepatitis, fibrosis, and cirrhosis.

PANCREAS INFLAMMATION

Pancreatitis, which prevents healthy digestion, can be caused by alcohol use.

INCREASED CANCER RISK

Breast, liver, colorectal, and esophageal cancer have all been linked to alcohol consumption.

WEAKENED IMMUNE SYSTEM

Excessive drinking in one sitting can weaken your immune system for up to 24 hours.

HEART HEALTH RISKS

Over the long-term, excessive alcohol use can lead to high blood pressure, heart disease, and stroke.

GUT DAMAGE

Since alcohol passes through the gastrointestinal tract, alcohol can cause heartburn, stomach ulcers, gastritis, and internal bleeding.





Support for Alcohol Use Disorder

FINDING AND GETTING HELP

The good news is that no matter how severe the problem may seem, most people with alcohol use disorder or struggling with alcohol consumption can benefit from some form of treatment. There is no one-size-fits-all solution, and what works for one person may not work for another person. There are multiple options that might help including CBT, counseling, medication, and support group.

24-hour helpline

If you or someone you know needs help, call the National Council on Alcoholism's 24-hour helpline at 800-622-2255.

Seek clinical support

Doctors and mental health professionals should be well prepared to help you find support and solutions for alcohol use. The more open and detailed you can be about your alcohol use, the better they can help you. They can help guide you to treatment options, give tips for day-to-day lifestyle changes, and talk through any health or personal concerns.

Organizations who can help

- » Al-Anon Family Groups
- » Alcoholics Anonymous
- » SMART (Self-Management and Recovery Training) Recovery
- » Secular Organizations for Sobriety (SOS)

How to help a friend or family member

- » **Speak up and offer your support.** Be sure to show your willingness to go with them to get help. The earlier addiction is treated the better.
- » **Be sure to show your willingness** to go with them to get help. The earlier addiction is treated the better.
- » **Express love and concern**, as well as specific examples of behavior that have you worried. Don't wait for your loved one to hit rock bottom.
- » **Support recovery as an ongoing process.** Even once your loved one is receiving treatment, it's important to continue to show your support. It can help your loved one make long-term recovery possible.



Dealing with Stress as a Caregiver

According to a 2020 report from the AARP and the National Alliance for Caregiving (NAC), more than 1 in 5 Americans have provided care to either a child with special needs or an adult in the past 12 months. So many of us will have to take care of a friend or a loved one during an illness or surgery recovery—which will usually be short-term caregiving—or during a chronic condition and end-of-life—which might be long-term caregiving.

Caregiving can be a fulfilling and rewarding experience, but it also frequently leads to stress, anxiety, and related mental health strain. So, let's look at some smart ways you can care for yourself while you're caring for others.

TIPS FOR EFFECTIVE SELF-CARE

- » **Take time for yourself.** We can provide the best help for others when we're functioning at our best, so ensure your needs are being met.
- » **Create a day-to-day self-care plan,** which includes things you enjoy like going for a walk, connecting with people you love, taking a lunch break, or listening to your favorite music.
- » **Be ready to accept help.** You don't have to do everything alone. Consider sharing your experiences with friends and family members, joining a support group, or seeking available resources from Uprise Health. As your EAP, we are here to help.
- » **Prepare realistic goals.** One common struggle that caregivers can experience is having internal unattainable goals that cannot be reached. Then, when a caregiver can't reach them, they struggle with feelings of failure and depression. Caregivers can't cure an incurable disease or become a caregiving master within just a week or two of the new role. But, caregivers can set short, realistic goals that will help them and their care recipient.
- » **Set limits and boundaries for what you can do.** While a caregiver usually does a lot for the person they are caring for, they do not have to—and should not—do everything. Setting boundaries is one of the most important things a caregiver can do. You can say no, and you are not obliged to do everything.

Support is important. Check in with Uprise Health on how we can help. We have a more in-depth resource available for caregiving that dives deeper in burnout that caregivers can experience and provides additional resources for caregivers:

<https://link.uprisehealth.com/caregiver-stress>



Your EAP is here to help



SKILL-BUILDING COURSES ADDRESSING ALCOHOL AND ADDICTION

If you or a family member are struggling with alcohol consumption or have alcohol use disorder, our digital mental health platform includes six skill-building courses that address alcohol and addiction:

- » **Get Started:** Discover how to overcome your habits by understanding the reasons you use.
- » **Test Yourself:** Practice your new decision-making skills. This course includes educational material and four exercises focused on self-testing.
- » **Getting Past Addicted Self:** Work on getting past your addiction. This course includes four lessons and two exercises to learn about change, willingness, and control.
- » **Mindfulness Skills:** Discover mindfulness skills that can help you grow. This course includes educational material and four exercises on observations, labeling thoughts, and letting go.
- » **Motivation:** Learn important motivation skills and how to get help by working. This course includes educational materials and three exercises on denial, justification, and finding treatment.
- » **Staying on Track:** Build a plan for how to keep your progress. This course includes educational material and four exercises on thoughts, values, and action.



How to Access Your Digital Mental Health Platform

To access, you can log in to your digital mental health platform directly—either in the Uprise Health app (available on Android or Apple phones) or on the desktop version at <https://app.uprisehealth.com/>. If you haven't set up the Uprise Health platform, visit your member login page for Uprise Health.

We recommend you start with the first course “Get Started.” It’s a good introduction that provides foundational material and a good baseline before moving on to the other courses. <https://app.uprisehealth.com/library/course/28/lesson/overview>

We also offer coaching through our digital mental health platform. Coaching can help with lifestyle changes that might help with alcohol consumption or help with underlying causes of increased alcohol consumption—for example, anxiety, stress, self-esteem, or life transitions. If you have coaching through Uprise Health, you can visit <https://app.uprisehealth.com/coaching/> for more information.

If you need more immediate support, please contact Uprise Health for confidential counseling or 24-hour crisis help.

Resources & Events



This Month's Mental Health Skill-Building Webinar

Alcohol & Addictions

Problems with alcohol and addictions are common. We show you some great tools to help you make the choices you want to make for your recovery.

Join us for a 30-minute webinar and Q&A
April 21, 2022 | 12 pm PT

<https://link.uprisehealth.com/skill-building-addiction>

This Month's Personal Advantage Webinar

Empathy on Empty: Compassion Fatigue

Even the most empathic person can become so overwhelmed by the chronic stress associated with caregiving that negative attitudes start to take over. Join us and learn techniques to help cope with compassion fatigue.

The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services". Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.

Alcohol Awareness Month

April is Alcohol Awareness Month which is a health awareness campaign sponsored by the National Council for Alcoholism and Drug Dependence (NCADD). Its aim is to raise awareness for communities and to help understand the causes and treatment available for one of the nation's biggest health issues. Join Uprise Health as we work together to reduce the social stigma associated with alcoholism and to educate people on how the disease can be addressed; offering help and advice for families as well as direct engagement with those afflicted with alcohol addiction.

Information in the Employee Newsletter is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. "The Guardian Life Insurance Company of America®, New York, NY and Uprise Health, Irvine, California 92614". GUARDIAN® and the GUARDIAN® Logo are registered service marks of The Guardian Life Insurance Company of America® and are used with express permission. 2022-135817 (3/24).