

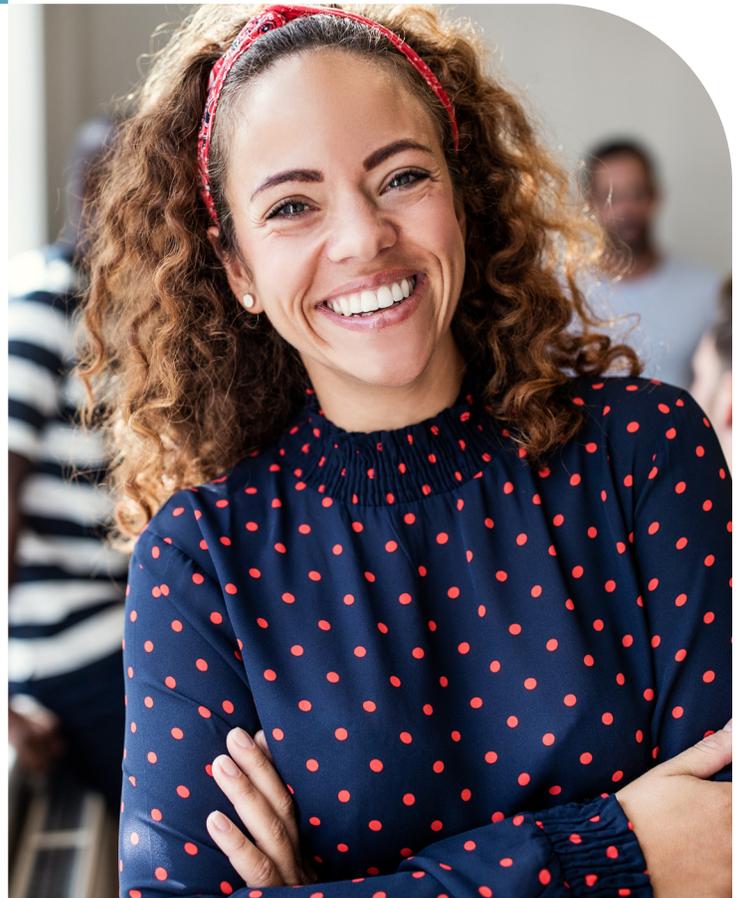
SEPTEMBER NEWS 2022

A worksite newsletter for supervisors provided by your Employee Assistance Program.

Q + A for Supervisors

Q. I made my employee an assistant supervisor, but I see him struggling in the leadership role. He isn't very proactive, doesn't speak with authority, and is not decisive. Can the EAP help? Or would it be better to suggest workshops or other supervisor training where skills can be taught?

A. Assuming you have discussed with your employee the need to demonstrate better leadership skills and then not seen any results, you can't assume the difficulty your employee faces is only a lack of knowledge and know-how. The dynamic you describe is a continuing problem despite your effort as a manager to correct it, so an EAP referral is a good starting point. This does not rule out continuing education the EAP may suggest to the employee. The EAP will discuss the difficulties he is experiencing in the position, the work climate, and the employee's understanding of what underlies the problem. There are many issues that can interfere with performance beyond the educational piece, but it is likely the EAP will identify what they are. Expect that a release will be signed with the employee's permission. The EAP may inquire about your experiences during and after your attempts to guide the employee to improve his performance, which can offer the EAP professional greater insight.



800.395.1616

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



Support & Resources

Q. What is meant by an employee having a “growth mindset”?

A. A growth mindset is a term first coined by Carol Susan Dweck, Ph.D., a Stanford University psychologist. She was famous for her studies of mindset, temperament, and personality. Growth mindset refers to the way employees approach the world of challenges and obstacles with optimism, a sense of opportunity, resourcefulness, positivity, and resilience. This contrasts with employees who may have a “fixed mindset” and resist learning something new, give up easily when faced with obstacles, feel anxious about others’ successes, and shy away from negative feedback. Consider researching “growth mindset” online to identify articulable descriptions of positive behaviors associated with the mindset. Then you can reward and affirm these behaviors while also helping struggling employees by guiding them in performance reviews to adopt the behaviors and work attributes that support productivity and help demonstrate outstanding performance. You also can use the EAP to help employees overcome patterns of ineffective approaches to work struggles.

Q. What is “brain fog,” and what might a supervisor observe in an employee struggling with this condition?

A. Brain fog is a descriptive term for a set of symptoms that interfere with a person’s ability to think. But it is not a recognized medical diagnosis. Recently, brain fog has received public awareness in the media as it pertains to a constellation of complaints experienced by those who contract COVID-19. Symptoms include difficulty in expressing one’s thoughts, inability to mentally calculate things quickly, feeling disorganized, dizziness, and struggles with memory. Causes of brain fog can be attributed to not just COVID-19 but also other issues like lack of sleep, stress, pollution, poor diet, and anxiety. At work, any of the above may be blamed for performance issues. So, diagnosing something as brain fog or dismissing symptoms as such can have serious consequences, since other medical problems may be related to an employee’s condition. Refer employees to approved health, wellness, or EAP resources for assistance, assessment, or further referral. Source: www.pubmed.ncbi.nlm.nih.gov/23999934/



The EAP can help.

Q. Most of the employees in our office, including me, wander into work late by 10–15 minutes every day. One employee has started coming to work 45–60 minutes late. All of this has to stop, so how do I “push the reset button”? Should I have a meeting and lay down the law?

A. The near-universal problem of tardiness coming to work that you describe has its origins in the permissibility you have shown by your own example. So the starting point is changing your behavior first, both to model a new standard and to set the stage for something new. You then can have a meeting, but going forward, deal with your employees individually rather than as a group regarding this issue, because it is personal responsibility, not a team effort, that will be required to make the changes needed. One employee is coming in extraordinarily late. Anticipate this person coming in on time when the new standard is set, but later, coming late again would not be unusual if a personal problem of some sort exists. Consider using the EAP if this pattern resumes.

Q. I have been a manager for 20 years. Although I have given advice to other supervisors on confronting difficult employees, it still seems more like an art than a science to get changes from an employee. What are the best tips for confronting difficult employees to keep and pass along?

A. Although each of the following could be divided into additional steps, they represent some of the best tips in correcting behavior or performance. 1) Don't delay in dealing with a problem. As time passes, it generally becomes more difficult to correct. 2) Prepare to be surprised by an employee's explanation for the behavior or issue. Be open-minded about what to do next. 3) Don't be long-winded, lecturing, or parental. It triggers resistance. 4) Employees are your most valuable resource. Keep this in mind and you will use the right tone. 5) Don't be angry with employees to the degree that you omit reminding them what they do well. Doing so generates motivation to cooperate with you. 6) Bring notes or an outline. It helps you and helps the employees take you seriously. 7) Meet in a nonsocial, business setting to convey importance. 8) Mention the EAP as a resource for employees to use if they experience difficulty making the changes requested.

Is Behavioral Health Coaching Right for You?



Behavioral health coaching has been shown to increase wellbeing, decrease stress, and make CBT-based courses more effective. Within the Uprise Health digital platform, we offer* the option of coach-guided CBT-based courses, where a member completes their digital courses with the support of a coach. The coach can create a personalized lesson plan, show the member how to apply skills, improve accountability, and set clear goals.

Coaches are also a great option if you are interested in working on work-life concerns or lifestyle changes unrelated to our digital library. Our coaches can help provide support during stressful life events or introduce new ways to strengthen your overall wellbeing.

Coaching is a valuable resource designed to be approachable for all members, but some people prefer to work through our courses independently or use alternative services from Uprise Health. How can you tell if coaching is a good option for you?

6 signs a coach could help

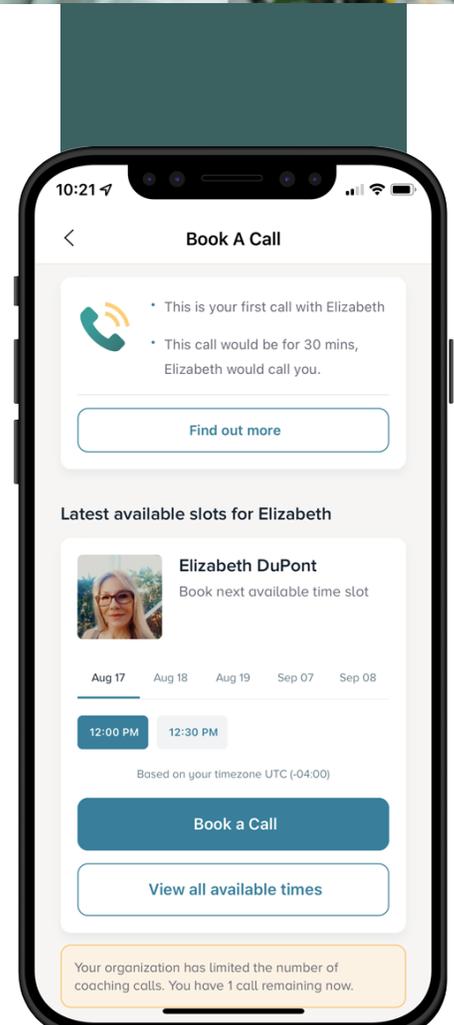
If you answer yes to any or all the following questions, coaching might be able to help.

- » I like one of the courses in the platform library, but I'm struggling to complete it on my own.
- » I feel held back by my thoughts and behaviors.
- » I lack direction in work or my personal life.
- » I have lost enthusiasm and interest in important areas of my life.
- » I have some behaviors that prevent me from succeeding.
- » Something has recently happened that I need to talk through with somebody.

Do any of these sound like you? If so, check out our real-time booking within the digital platform, and book a coaching session soon.

<https://app.uprisehealth.com/coaching/booking/>

**Not all organizations have access to coaches within the Uprise Health platform. If you're unsure what is available within your Uprise Health EAP program, please contact Uprise Health. We are here to help.*



Resources & Events



Suicide Prevention Awareness Month

Throughout the month of September, many organizations including National Alliance on Mental Illness (NAMI), raise awareness on suicide, spread hope, share helpful resources, and try to increase conversations about suicide prevention.

National Suicide Prevention Week also happens in September. This year, it will begin on Sunday, September 4th and end on Saturday, September 10th. As part of this campaign, many health organizations conduct depression screening and make additional tools available.

- **988 Suicide Hotline: Learn how we can all help:** <https://988lifeline.org/how-we-can-all-prevent-suicide/>
- **Crisis Textline: Text HOME to 741741 to connect with a crisis counselor:** <https://www.crisistextline.org/>
- **Veterans Crisis Line:** <https://www.veteranscrisisline.net/>
- **Substance Abuse and Mental Health Services Administration:** <https://www.samhsa.gov/find-treatment>
- **NAMI blog: Talk to your Teen about Suicide:** <https://link.uprisehealth.com/talk-about-suicide>
- **NAMI blog: My Case for Using and Respecting Trigger Warnings:** <https://link.uprisehealth.com/trigger-warnings>
- **Uprise Health Blog: Faking It Online:** <https://link.uprisehealth.com/faking-it-online>

This Month's Mental Health Skill Building Webinar

Pain and Fatigue Management

Learn about pain and fatigue, activity levels, dealing with worries, and breathing.

**Join us for a 30-minute webinar and Q&A
September 22, 2022 | 12pm PT**

<https://link.uprisehealth.com/september-webinar>

This Month's Personal Advantage Webinar

Navigating Divorce

Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

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.