

# The CAMERON Connection



Cameron and Associates, Inc.

The Newsletter Of Your **EMPLOYEE ASSISTANCE PROGRAM**

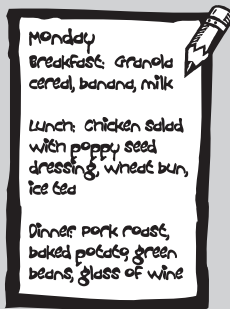
**SPRING 2010**

## For Your Information

### DECREASE EMOTIONAL EATING

To decrease emotional eating, use a food diary to identify when and why you eat for emotional reasons. Keep an accurate record for at least one week of what you eat, when, and

where. Include how you feel when you are eating. You may discover patterns that reveal the emotional cues that cause you to turn to food. Next, find healthier ways to deal with your emotions and find alternative behaviors to eating.



### ENDING PROCRASTINATION

If you frequently procrastinate, try the following tips to end this bad habit:

- Put yourself on a schedule.
- Break big tasks into smaller ones.
- Write your tasks down and prioritize them.
- Do tasks before you can put them off.

### ANGER MANAGEMENT

Make regular exercise a part of your long-term solution for stress and mood management. People who are stressed are more likely to experience anger and numerous studies have documented that regular exercise can improve your mood and reduce stress levels.



## Working Through Relationship Problems

### The Benefits of Marriage Counseling

*Less than 5% of divorcing couples seek marital counseling*

According to renowned marriage and relationship expert Dr. John Gottman, less than 5% of divorcing couples seek marriage counseling. Why do most couples in trouble fail to get professional help? What are the benefits of couples counseling? If you're experiencing marital difficulties, the information below is intended to encourage you and your partner to consider marriage counseling as a way to gain the perspective and skills needed to improve the quality of your marriage, overcome a relationship crisis and/or save your marriage.



#### Relationship skills must be learned

Listed below are some of the benefits and other important information about marriage/relationship counseling and how it can help:

#### 1. You need to "earn" your way out of a marriage.

Perhaps you've heard the preceding phrase, made popular by television psychologist and author Dr. Phil McGraw. "Don't consider divorce," says Dr. Phil, "Until you've investigated every potential avenue of rehabilitation. Unless you can look yourself in the mirror and know that you've tried everything there is, then you're not ready to be discussing divorce." Divorcing couples who never attempt to solve their problems by seeking the help of counseling, are throwing their marriages away without even trying.

#### 2. Seek help early.

According to Dr. Gottman, the average couple waits six years before seeking help for marital problems. Keeping in mind the fact that half of all marriages fail in the first seven years, the average couple lives for far too long with unhappiness. Marriage therapists agree that more couples can be helped if they seek help earlier, and if you wait too long to seek marriage counseling, the odds are against you.

#### 3. Why couples don't go to counseling.

The following are some of the top reasons why couples say they do not go to marriage counseling, with some counter arguments that offer a more positive and healthy perspective:

◆ **They feel they should be able to "fix" the situation themselves.** It's a fallacy to believe that you should be able to fix everything. Most of us are not naturally equipped with the relationship skills needed to maintain a marriage or solve problems within a marriage. Relationship skills must be learned. The willingness to seek outside help for a problem is

*Continued on page 2*

## BETTER SLEEP

# Drowsy Drivers Causing Major Public Safety Problem

According to the National Sleep Foundation (NSF), lack of sleep is creating a major public safety problem in the U.S. – drowsy driving. The NSF's 2009 Sleep in America poll found that more than one-half of adults (54%) – potentially 110 million licensed drivers – have driven when drowsy at least once in the past year. Nearly one-third of drivers polled (28%) say they have nodded off or fallen asleep while driving a vehicle. The result: The National Highway Traffic Safety Administration (NHTSA) conservatively estimates that there are 100,000 car accidents each year caused by driver drowsiness, and these crashes result in 71,000 injuries and 1,500 deaths.



---

*“Researchers at Stanford University recently concluded that sleep-deprived drivers are just as dangerous as drunk drivers.”*

---

A study of drivers in North Carolina found that among those who got into auto accidents, half had slept less than six hours before the crash. Researchers at Stanford University recently concluded that sleep-deprived drivers are just as dangerous as drunk drivers. When sleep deprived, the brain is essentially too tired to process the information it is receiving effectively, resulting in slower information processing and reaction time at the wheel. A 2008 German study found that sleep-deprived subjects had reaction times and general performance abilities comparable to subjects with blood alcohol levels equivalent of 0.05.

### Make adequate sleep a priority

The most up-to-date research reveals that most adults require between 7-9 hours of sleep per night to function at their best. Yet, according to the 2009 Sleep in America poll, one in five Americans gets less than six hours of sleep per night. To avoid dangerous drowsy driving and to function at your best, the NSF recommends the following tips to get a better night's sleep:

1. Make regular, adequate sleep a priority.
2. Try to have a standard relaxing bedtime routine and keep regular sleep times.
3. Exercise regularly, but finish your workout at least three hours before bedtime.
4. Avoid foods and drinks high in caffeine (coffee, colas and tea) for at least eight hours prior to bedtime and avoid alcohol for a few hours before bedtime. Caffeine and alcohol disturb sleep.
5. Use your bedroom only for sleep and sex; if you do this, you will strengthen the association between bed and sleep. It is best to remove work materials, computers and television sets from the sleep environment.

NOTE: *If you suffer from chronic or severe insomnia, visit your doctor or a sleep disorders clinic to see if there is an underlying medical condition.*

## COUPLES COUNSELING...

*Continued from page 1*

actually a sign of strength, your willingness to change and learn, and your commitment to your marriage.

◆ **They feel it is their partner who has the problem, so why should they go to counseling.** First off, rarely is anyone 100 percent of the blame. If your focus and energy is only on what your spouse has done wrong, then you're not realistically addressing issues and solutions. Marriage is a team effort and if your partner has a problem, then you have a problem too. You need to be a part of the solution. Playing the blame game does not produce change or lead to solutions. At the very least, a skillful therapist can help you learn better ways to respond to your partner, to help yourself, and perhaps your partner as well.

◆ **They feel embarrassed to discuss their personal issues with a “stranger.”** This may be true at the very beginning of counseling, but a skillful therapist can usually encourage a feeling of warmth, trust and security fairly quickly.

◆ **They feel that marriage counseling is expensive.** Yes, there is no question that taking positive and determined action to address relationship problems requires families to spend money, but failing to take action often costs significantly more later when you consider the cost of divorce, maintaining two households, the emotional costs for any children involved and other ways divorce affects everyone's lives.

### 4. How can marriage counseling help?

Marriage counseling is generally provided by licensed therapists known as marriage and family therapists. These therapists provide the same mental health services as other therapists, but with a specific focus – a couple's relationship.

Marriage counseling affords you and your spouse numerous ways to bring about change that you would not normally know how to accomplish on your own. It provides a safe and supportive environment for you to identify and communicate the issues, feelings and behaviors that are bothering you, to facilitate understanding and positive change. A qualified marriage and family therapist can provide instruction, coaching and feedback to help you develop new skills to improve your marriage, including:

- Learning ways to communicate better
- Learning how to argue in a healthier way
- Learning how to resolve conflict and problem solve in a productive manner
- Learning appropriate expression, disclosure and resolution of painful emotions
- Learning how to state your needs clearly and openly within your relationship
- Learning how to work through unresolved issues
- Learning how to negotiate for change within your relationship

*Continued on page 3*

## COUPLES COUNSELING...

Continued from page 2

### 5. Marriage counseling is hard work.

For marriage counseling to be effective, you must approach counseling with a realistic attitude. Don't expect a quick fix, or that the counselor will be doing all of the work. Marriage counseling is hard work for the participants. The process of unlearning bad habits and learning new, more effective habits is often intense, frustrating and exhausting. Expect the process to be difficult and take time, but that it can be worth the effort.

### 6. How did I contribute to this problem?

The reason to participate in counseling is to learn how to change. You must be willing to change to make counseling work. A sure sign of your willingness is asking yourself, "How did I contribute to this problem?" Simply put, you got yourself into this mess and now it's up to you to change it. Taking responsibility for your share of your marital problems is the first step toward finding effective solutions. Don't expect to change your partner. No one has the power to change another person. Instead, focus on learning what you contribute to your marital problems and changing your own attitude, behavior and skills.



### 7. What if your partner refuses to go to counseling?

If your partner is reluctant to go to couples counseling, share this article with them. Emphasize that the purpose of counseling is not to "rake them through the coals" in a blame session, but to utilize the help of a trained professional counselor to help you as a couple find solutions to your marital difficulties. If your partner still refuses to go to marriage counseling, go alone. While not ideal, you can still learn tools and new

# What Are The Signs Of An Addictive Disorder?

Addictions are most often associated with alcohol, drugs or smoking, but millions of individuals suffer from numerous other types of addictions. Known collectively as addictive disorders, in addition to abuse of substances such as alcohol, drugs and smoking, individuals can also become addicted to compulsive types of behavior such as: gambling, shopping, eating, sexual activity, pornography or use of the internet.



## How do you know if you have a problem?

Whether the abuse is to a substance or a behavior/activity, an addictive disorder exists when you cannot control your habit or behavior despite the fact that it is undermining your health, your relationships, your work, your finances, or your self-respect. If one of these behaviors has gotten out of control for you (or a family member), review the symptom checklist below to recognize if your behavior has become an addictive disorder. A "yes" answer to one or more statements below may indicate a problem:

1. The person thinks about the activity a lot when they're not doing it.
2. The person seems unable to control the amount of time spent doing the activity.
3. The person denies having a problem, when many things are obviously going wrong.
4. The person hides the activity from family and friends.
5. When unable to do the activity, the person becomes irritable, moody, tearful, angry, or hostile.
6. The person would rather do the activity than spend time with family or friends.
7. The person has extreme mood swings that are completely unpredictable.
8. The person blames other people for his/her troubles and does not take responsibility for his/her own actions.
9. The person has headaches, stomach disorders, and other unexplained and ongoing physical symptoms.
10. The person begins to neglect his/her appearance and to do hurtful or illegal things.

## Getting help

Whether you have reached the "addiction" stage or not, recognizing and admitting that your habit is negatively impacting your life is the first step toward overcoming it. You can build the strength to overcome your addiction, develop alternatives to it, and learn to live a healthy and full life. Your Employee Assistance Program (EAP) can help you get started by providing you with CONFIDENTIAL counseling, referrals and/or information. Remember, your EAP is available to help you or your dependents with most-any type of personal, family or work-related concern. Why not call an EAP counselor today? We're here to help you.

approaches to improve your marriage. Even better, when you begin to approach your partner differently and handle relationship problems differently, your partner may begin to see the benefit of relationship counseling and agree to participate with you. Whether or not your partner agrees to participate, by choosing marriage counseling, you are saying that

your marriage is important and worth fighting for.

NOTE: Only you know what you can tolerate in a difficult and stressful relationship and still remain emotionally healthy. Additionally, some problems within a relationship may reach beyond the

Continued on page 4

## COUPLES COUNSELING...

*Continued from page 3*

scope of therapy. Relationships in which physical or sexual abuse is an issue, may require other forms of intervention. Do not endanger yourself or your children by remaining in an abusive relationship. Seek professional help immediately.

### Your EAP is here to help

Sometimes our marital, relationship or family problems are too hard to solve on our own. If you are troubled by a particularly difficult relationship issue, or if physical abuse, substance abuse or depression are involved, it is strongly urged that you seek professional help for facing these issues.

Your Employee Assistance Program (EAP) can be a great place to start. We provide confidential counseling, referrals or information to help you or your dependents deal with personal, family or work-related concerns. If you need help, why not call a professional EAP counselor today? We're here to help you.



## Cameron and Associates, Inc.

**Confidential services at  
your fingertips...**

**(800) 334-6014**

**Or**

**(404) 843-3399**

**Visit Our Website At:  
[www.caiquality.com](http://www.caiquality.com)**

# Cameron and Associates, Inc.

## EMPLOYEE ASSISTANCE CONSULTANTS MANAGED BEHAVIORAL HEALTH

All of us experience problems during our lives. However, sometimes even ordinary problems can become overwhelming. It is at these times your EAP can provide free, confidential help.

Service is available for personal problems including:

- ◆ **Personal/Work Stress**
- ◆ **Marital/Family Problems**
- ◆ **Alcohol/Drug Abuse**
- ◆ **Depression/Anxiety**
- ◆ **Legal/Financial Concerns**
- ◆ **Aging Parents Concerns**
- ◆ **Parenting Problems**
- ◆ **Personal Adjustment to Life Change**

CAI has trained professionals ready to offer assistance to troubled employees and their eligible family members 24 hours a day, 7 days a week.

**Cameron and Associates, Inc.  
6100 Lake Forrest Drive, Suite 550  
Atlanta, Georgia 30328**