



# FRONTLINE EMPLOYEE

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## REMOTE WORKER DIETING & FITNESS TIPS

If you are working remotely from home, consider how your job can interfere with a healthy diet and personal fitness. Distractions, hunger (or ignoring hunger), postponing meals, interruptions, deadlines, focus, stress, and how tired you become can each influence decisions about diet and fitness. For example, while wearing earphones on a call, you wander into the kitchen and engage in unconscious eating. Under a high-pressure deadline, you skip exercise. Too busy to eat dinner, you go for the late-night ramen noodle cup. Here are five ways to be a healthier remote worker: awareness, setting boundaries, creating structure, planning, and preparation. Working from home can be satisfying, but use awareness to create the right environment. Manage this environment with boundaries where distractions and unhealthy food temptations are not present. Create structure by arranging your day so snacks, meals, and chores are predictable, not intrusions. Plan a schedule in which health and fitness behaviors remain central to your well-being. Finally, prepare your workplace and do the groundwork daily with “pre-flight” tasks to make your day a healthy and productive one. Get a water bottle in place, flip the switch on your eight-hour Crock-Pot recipe, make a sandwich ahead of time, set up healthy snacks, and lay out your exercise clothes to allow a smooth transition from your job to your workout.

Learn more at [www.news.gallup.com](http://www.news.gallup.com)  
[Search: “adults less worry”]

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# QUESTIONS TO BRING TO A PROFESSIONAL EAP/MAP COUNSELOR

If you decide to see a professional counselor, maximize the benefits of your first visit by answering these questions before you go: 1) What is causing stress and tension in your life? 2) How does the tension affect you, your family, and your job? 3) Are these stress or tension issues short term or long term? 4) Who in life represents your support group? 5) What are you willing to change or give up to have less stress or tension in your life? 6) When you have successfully reduced stress and tension on your own, how have you done so? 7) What has not worked? 8) If counseling is successful, how do you envision life afterward?.



## RESOURCES FOR PARENTING IN COVID

The “2020 Stress in America” survey was just published by the American Psychological Association. It shows the COVID-19 pandemic has “altered every aspect of daily life, from health and work to education and exercise.” Parental stress is particularly great with disrupted routines, missing graduations, and difficulty structuring free time for kids. A comprehensive list of resources is available just for parents. It covers nearly all aspects of parenting during the COVID pandemic—things to do with children, routines, safety, helping teens, parental discipline, taking care of yourself, and more.

See the new PDF at [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca) (search “parenting covid”).



## INHALANTS ABUSE: IT'S STILL AROUND

An estimated 21.7 million Americans have used inhalants, and most were children between 12 and 18 years when they first experimented. Inhalant abuse is breathing or “huffing” volatile substances like solvents, aerosols, White-Out, felt-tip pens, glue, paint, gasoline, and other substances to get high. Hundreds of other volatile products can be huffed.

Any of them could cause brain damage or death. Parent advice: Remain aware of this health concern, because more teens experiment with illicit drugs for the first time in June and July. Explain to children the danger of inhalants, and learn more about this problem so you can be proactive in prevention.

Parents’ guide:  
[www.drugabuse.gov/sites/default/files/inhalantsrrs.pdf](http://www.drugabuse.gov/sites/default/files/inhalantsrrs.pdf).