



# TheLexLine

A newsletter from The **Lexington** Group, Inc.  
Employee Assistance Program

**WINTER 2008**

## For Your Information

### ♦ PARENTING TIP

"Catch" your child being good. A steady diet of disapproval, nagging and criticism does not teach your child to improve. Instead, focus your comments on what is done and what is done well, rather than on what is done poorly or not at all.

### ♦ COUPLE CARE

Make time for each other. Scheduling time together, on a weekly basis, can help keep you close and help alleviate stress in your marriage/relationship.



### ♦ BETTER TIME MANAGEMENT

Refrain from doing many things at once because you think you're saving time. What actually happens when you do several things at once is that nothing gets your full attention, there's greater potential for error, and you probably spend more time in the long run because you weren't totally focused on what you were doing. Instead, do one thing at a time.



## SELF TEST

# What Is Problem Drinking Or Drug Use?

Alcohol and drug problems occur at all educational and social levels, and in every age group. If you think that you (or a family member) may have a problem with alcohol or drugs, ask yourself the following questions. If the answer to any of them is "yes," you need to examine how your alcohol or drug use is affecting your health, safety, relationships, family, job performance or finances.



### YES NO

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you ever drink heavily or use drugs when you are disappointed, under pressure or have had a quarrel with someone?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you sometimes feel guilty about your drinking or drug use? Do you do things while under the influence that you wouldn't do otherwise? Do you find yourself regretting them later? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you tell yourself you can stop drinking or using drugs any time you want to, but you keep getting drunk or high when you don't intend to?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Has a family member, friend, or your employer ever expressed concern or complained about your drinking or drug use? Are you annoyed by their concern? Do you become defensive?       |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you sometimes have the "shakes" in the morning and find that it helps to have a "little" drink, tranquilizer or medication of some kind?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you ever wake up the morning after with no memory of the night before? Have these "blackouts" become more frequent?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you find yourself lying to your spouse, your kids, your friends, your employer to cover up your drinking or drug use - though you really don't like lying?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Have you had financial, work, family or legal problems as a result of your drinking or drug use?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you drink or get high while alone?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Have you driven a car while intoxicated or in a drug-induced haze? Have you ever been arrested for driving under the influence of a substance?                                      |

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## SELF TEST...

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- 11. Do you need to resort to alcohol or drugs in order to do something (start the day, work, have sex, or socialize, for example), to change how you feel (sad, scared, anxious or angry), or to banish shyness or bolster confidence?
- 12. Do you notice you have an increased need for more alcohol or more of your drug of choice in order to feel high?
- 13. Do you sometimes feel uncomfortable when you have to be somewhere where no alcohol or drugs will be available? When drinking or drugging with other people, do you keep going when everyone else has had enough?
- 14. Has your drinking or drug use led to conflicts with your friends or family members? Do you regularly hide alcohol or drugs from those close to you so that they will not know how much you are using?

If you find the answer is "yes" to even two or three of the questions above, you should seriously consider the possibility that your drinking or drug use is a problem. Answering "yes" to three or more may indicate a dependency.

NOTE: The questionnaire above is for educational purposes only and does not provide a diagnosis of alcohol or drug abuse or addiction. It is not a substitute for a full evaluation by a health-care professional, and should only be used as a guide to understanding your alcohol or drug use and related health issues.

### What to do

Recognizing that there is a problem is the first step toward recovering from problem drinking or drug use. If you think you might have a problem, here are some steps you can take:

- Acknowledge the problem openly.
- Seek professional help from doctors or therapists who deal with alcohol/drug problems and recovery. You might benefit from counseling or a recovery program at a hospital or private clinic.
- Avoid time spent with people who encourage alcohol/drug use, or who believe that a drinking or drug problem is a problem of weak will.
- Seek out the support of people who are recovering themselves. Many 12-step programs are available, such as Alcoholics Anonymous.

### Contact your EAP

If you think that you or a family member may need help, contact your Employee Assistance Program (EAP) for CONFIDENTIAL counseling, referrals or information. We're here to help you.

## POST-PARTUM BLUES VS. POST-PARTUM DEPRESSION

### What's the Difference?

It is common for new moms to experience post-partum blues – also called the "baby blues" – in the days right after childbirth. A new mother can have sudden mood swings, sadness, crying spells, loss of appetite, sleeping problems, and feel irritable, restless, anxious and lonely. For most women, these feelings generally occur in the first few weeks after delivery and go away soon, without the need for treatment.



However, according to the American College of Obstetricians and Gynecologists, about 10 percent of new moms experience post-partum depression – a more severe form of depression that can happen anytime within the first year after childbirth. Unlike the "baby blues," post-partum depression does not go away quickly and depressive symptoms are often stronger, affecting a woman's well-being and interfering with daily functioning.

#### Symptoms of post-partum depression

The symptoms of post-partum depression may include the following:

- ◆ Depressed mood
- ◆ Negative feelings toward the baby
- ◆ Lack of pleasure in all or most activities
- ◆ Decreased appetite
- ◆ Fatigue
- ◆ Feeling withdrawn, socially isolated, or unconnected
- ◆ Feelings of worthlessness or guilt
- ◆ Agitation and irritability
- ◆ Trouble sleeping
- ◆ Difficulty concentrating or thinking
- ◆ Thoughts of death or suicide

Note: Professional help should be sought immediately if a person is experiencing suicidal thoughts.

#### When to seek medical advice

Experiencing depression after childbirth isn't a character flaw, weakness or something to feel ashamed of. Sometimes, it's simply part of giving birth. If you're feeling depressed after your baby's birth, it's important to tell your doctor. Left untreated, the symptoms of depression can last for months or years and often get worse.

If several of the symptoms listed above have persisted for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine – including caring for your newborn or other children – make an appointment to see your primary care physician. Mention to him/her that you are concerned about depression. Your doctor can either start treatment or refer you to a psychiatrist or other healthcare professional for further evaluation and treatment.

## The Lexington Group

### EMPLOYEE ASSISTANCE PROGRAM

Caring and individualized help for personal and family concerns is only a phone call away.

For confidential help 24 hours a day, call The Lexington Group, an international Employee Assistance Program provider at:

<b>United States</b>	<b>1-800-676 HELP (4357)</b>
<b>Canada</b>	<b>1-800-567-4343</b>
<b>England</b>	<b>0-800-169-6706</b>
<b>Mexico</b>	<b>001-888-819-7162</b>
<b>Puerto Rico</b>	<b>1-800-676-4357</b>
<b>TTY</b>	<b>1-800-955-8339</b>
<b>website</b>	<b>www.the-lexington-group.com</b>