Family Separation Stress and Military Personnel

The demands of military service often require extended periods away from loved ones. This can strain relationships and mental well-being. Stress is made worse by missing family milestones and not being physically present during tough times. Take steps to prioritize communication with loved ones through regular phone calls, video chats, and letters, but more importantly, make this a habit or ritual so you proactively manage stress in your career rather than react to it. Make goals for your time with your loved ones to create cherished memories, as they’ll become positive memory anchors when you are away. Not following these guidelines can strain relationships further and make you feel more isolated and even resentful. For more tips, support, and referral help, your EAP and other resources are available.

Planning a Staycation in Grand Style

If vacation money is tight, try a staycation—a vacation spent at home and within one’s local area. Here’s how to make it exciting and refreshing:
1) Set a budget so you know what’s possible. 2) Brainstorm ideas—museums, new hikes found on alltrails.com, new restaurants, movie nights, exhibits, or special events. 3) Create the itinerary and schedule with detail. 4) Disconnect from social media and smartphones, and don’t check email if possible. Limit television viewing. 5) Relax and have fun. With real planning, you will have a great staycation.

Don’t Just “Fix and Forget” Customer Complaints

Go further when resolving customer complaints by discovering root causes. Start by understanding the customer’s experience. Ask, “Can you tell me more about what led to this issue?” or “What were your expectations before this problem occurred?” Think about why—and keep asking to discover the root causes. Once confirmed, brainstorm and develop potential solutions. Implement, monitor, and evaluate a solution. Taking these steps will lead to fewer complaints, happier customers, and more love for your job. This is called root cause analysis. Increase your value by learning more about it at www.tableau.com/learn/articles/root-cause-analysis.

Drowsy Driving Intervention Tips

Every year, hundreds of drivers are killed by drowsy driving. One in 25 people reported driving while drowsy in the past 30 days—heavy eyelids, falling asleep at a red light, swerving, slamming on the brakes in a frightful “nod-off.” Drowsy driving is more likely between 5 a.m. and 7 a.m., but the recommendation is to pull off the road—safely—to get refreshed. A nap is ideal, if possible. Recognize approaching drowsiness: yawning, blinking more than usual, and straining to keep your eyes open. Caffeine (drinking water can work too), fresh air, sitting up straight, and walking for a few minutes can also restore alertness.

Use of Non-LSD Hallucinogens Surging Among Young Adults

Consumption of non-LSD hallucinogens is rising among young American adults—mescaline, peyote, psilocybin (“magic mushrooms”), and PCP. In 2018, 3.4% of 18- to 30-year-olds had used one of these drugs within the past 30 days, but by 2021, the number nearly doubled to 6.6%. These drugs can have dangerous psychological effects along with physical risks, impaired judgment, and risk of accidents. They may also trigger long-term psychological effects like schizophrenia if a biogenic risk is present in the user. Legal consequences can ensue where these substances are illegal. Signs of possible non-LSD drug use may include changes in behavior and mood, withdrawal, self-consciousness, and uncharacteristic mood swings; a high/low demeanor; neglect of schoolwork, chores, and activities; and the loss of interest in school. Sleep problems, nightmares, and appetite issues may also occur without apparent explanation.

Learn more: Getsmartaboutdrugs.gov [search “non-LSD hallucinogens is rising.”]