



FrontLine Employee

Wellness, Productivity, & You!

WellSpan Employee Assistance Program

Memories from the Office Party

Holiday parties are a great way to connect with your coworkers and supervisors on a personal level. While the mood may be festive, it's important to remember that your behavior during office holiday parties is also a reflection of you as an employee. Don't let the lingering memory everyone takes from this year's holiday party be an embarrassing one about you. As a business function, a holiday party can be your opportunity to shine by creating goodwill among your staff members. It can also be an opportunity for you to meet the CEO and other senior executives of your company whom you might not have met before (or not have had opportunities to speak with, perhaps about that one great idea of yours!)



Fortify Your Brain with Fruit

Multiple studies related to eating fruits and vegetables seem to point to an emphasis on blood pressure. The benefit appears to be eating fruits and vegetables involving a total of 10 to 15 servings per day to similar results: an emphasis on fruit health habits and family and dive into a cornucopia of fruits and vegetables.



A **Layout Options**
 We will set up your layout free. Once you have it, you're all set. Just paste each month.
 Or we can deliver it pre-done*!

B

C *\$100 Per year



Your EAP Provider

WellSpan EAP provides professional assessment, brief counseling and/or referral services to help individuals resolve personal challenges.

WellSpan EAP services are **confidential**.

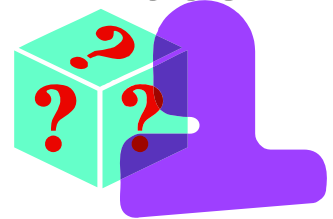
For more information or to schedule an appointment, simply call the office nearest you:

- Gettysburg (717) 337-2257
- Hanover (717) 632-4020
- Lancaster (717) 481-7840
- Shrewsbury (717) 812-2560
- East York (717) 851-6340
- West York (717) 845-6641

If you live or work outside of the south central Pennsylvania region, please call 1-800-673-2514 so that our staff may arrange an appointment for you in your area. Visit us at www.wellspaneap.org.

Taking the Mystery Out of Mental Illness

One-fifth of Americans suffer from a diagnosable mental disorder during any given year. The exact causes of mental disorders are unknown, but an explosive growth in research has brought us closer to the answers than ever before. Like physical illnesses, mental illnesses have a biological component to them: inherited dispositions interact with triggering environmental factors to produce mental illness. Understanding this fact has taken much of the mystery and stigma out of mental illness and has led more people to seek help. State-of-the-art treatment for mental illness is very effective—as effective as treatments for high blood pressure, cancer, and arthritis. Contact the EAP to learn more.



Source: American Psychiatric Association