

STUDENT WELLNESS NEWSLETTER

January 2022

For Information, Consultation and Referral Assistance Contact the Wheeler SAP at 1.800.275.3327

Ghosting at Work

You may have heard of “ghosting” by now. It means someone has quit communicating with you entirely without apparent cause or reason. You might phone, email, or text, but no response is received—you’ve been ghosted. Ghosting has been associated with the dating app scene, but this behavior has noticeably crept into the workplace. Essentially, ghosting is abandoning communication to avoid conflict, responsibility, or accountability. What fuels ghosting is using denial to cope with the anxiety or awareness that you should be doing something else to face the conflict constructively. Poor workplace communication is universally the #1 workplace complaint, so ghosting is the ultimate poor communication maneuver. Avoid ghosting by recognizing it as a coping strategy with serious consequences for your reputation. There’s no better way than ghosting someone to be remembered for the wrong reasons.

Avoid “Procrastination with Awareness”

Have you started on your 2022 goal(s)? Or are you procrastinating with the best of intentions? Procrastination has many cousins. They all lead to having your motivation fizzle out. Waiting for the right time to start, still getting prepared, waiting until after the next holiday, or trying to get everything in order and just right—this procrastination “with awareness” requires its own intervention. If you are waiting for just the “right moment,” it’s arrived! Take an action step today.

Facing an Anniversary of a Traumatic Event

Do you experience anxiety, depression, or sadness during the anniversary of a personal event? This is an anniversary effect” around the date or season when a loved one passed, an assault occurred, or an accident happened. Local or national tragedies may also prompt anniversary effects. As a student, you may find it challenging to work or you may lack the motivation to complete your assignments during such a time. If you experience a difficult time when a painful anniversary comes around, ease your emotional distress with an action plan: 1) Don’t deny or ignore the upcoming date of the event in an attempt to suppress a reaction to it. 2) Identify relationships that feel supportive, and plan to socialize with these people during this time. 3) Consider engaging in a symbolic gesture of healing—for example, planting a tree or adding a special plant to a garden—if a significant personal loss, like that of a loved one, occurred. 4) Avoid news stories during the anniversary period that can prompt unnecessary flashbacks or feelings of reliving the event or incident. 5) Take care of yourself. Make healthful decisions and do some self-nurturing during the period of the anniversary to help you ensure a proper diet, sleep and rest, stress management, and leisure time. 6) Utilize your SAP for guidance on implementing any of these tips, self-care strategies, and other support you might need.

Seek Support Early in a Crisis

All of us will experience crises in our lives from time to time. A crisis is a serious problem that is beyond our ability to resolve by using everyday coping skills and resources. It overwhelms us. Its irresolvable nature means we must apply new resources or skills to intervene and return to normalcy. This is crisis intervention. There is usually an opportunity for positive change and personal growth in resolving a crisis, but help should not be delayed, because the crisis may resolve itself out of your control in an unfavorable way. Use the Scholar Assistance Program to explore options or to obtain the help needed to help manage a crisis. If you do it without delay, you will more likely arrive at the most desirable outcome.

When Worry Wakes You Up

Anxiety and stress are different things, but people often are confused about their meanings. Both can contribute to wakefulness at night, night sweats, and nervousness as well as sleepiness during the day. Both can also affect the part of the brain responsible for our fight-or-flight response. While examples of stress might be driving to work in the rain, arriving late for a presentation, and forgetting a thumb drive you need for the presentation, anxiety is a true mental health disorder that fuels nervousness, worry, and apprehension. Are you one of the 40 million people who suffer from anxiety, or is stress the culprit? Talk to a medical, mental health, or Scholar Assistance Program professional to discover the right intervention and get relief