

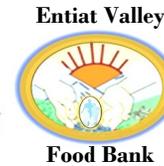
FRONTLINE

A newsletter from the WA State Employee Assistance Program



As wildfires continue through Eastern Washington many volunteers and charitable organizations have come together to help those in need. State employees can also help support our fellow Washingtonians by donating through the [Combined Fund Drive \(CFD\) Wildfire Relief Center](#). This special campaign offers the opportunity to donate to charities that are currently helping victims of the fires and first responders. Donations can be made by credit card or through automatic payroll deductions.

Participating CFD Charities



[CLICK HERE TO DONATE](#)

Questions? Contact the Combined Fund Drive: **360-902-4162** or email cfd@sos.wa.gov or go to cfd.wa.gov



Governor Offers Wildfire Resources Webpage

Information about Washington wildfire resources can be found on [Governor Inslee's website](#):

Do you have a subscription to receive Frontline newsletters?



If not, now is your opportunity to sign-up and automatically receive EAP publications and wellness information at no cost. [Click here](#) to subscribe to the EAP or go to: www.hr.wa.gov/EAP/Pages/subscribe.

Alternative Health: Fact, Fiction, and In Between

Can turmeric treat arthritis? Will eating sage improve memory? Many news stories discuss the health benefits of herbs, spices, teas, and natural oils. Not sure what to believe? Visit the online [National Center for Complementary and Integrative Health](#) (NCCIH) and discover research claims about complementary and integrative health approaches. You can see whether rigorous scientific investigation is available on your chosen topic. You can also learn how a substance is used, recommendations, cautions, and other information. However, be sure to talk to your medical doctor regarding any specific condition.

Morning Person vs. Evening Person?

All of us are affected by our sleep-wake cycle and an internal circadian biological clock. When are you most creative—morning or evening? Not sure? The Ostberg Morningness–Eveningness questionnaire may help you find out. Although not consistently validated by research, it may yield insights to help you decide when to do creative work, achieve better sleep, exercise, and establish work habits that fit your biological situation. Check out this fun, automated scoring questionnaire at www.cet.org/self-assessment. Choose the circadian rhythm assessment and get a detailed, personalized report at the end.

Cholesterol Awareness and Reduction Guide

Nearly 50 million Americans have cholesterol levels that are too high. High cholesterol in the blood is one of the main risk factors for heart disease and stroke—the two



leading causes of death. Cholesterol is a waxy, fat-like substance that your body needs. (Too much of it in your blood, however, can lead to buildup on the walls of your arteries and form blockages.) The National Cholesterol Education Program (National Institutes of Health) recommends that adults aged 20 years or older have their cholesterol levels checked every five years. Get their [Guide to Lowering Cholesterol](#). You'll discover everything you need to know to safeguard yourself from high cholesterol, including what foods you can eat to lower it. There are many more foods than oatmeal! And did you know that pizza can have more cholesterol than butter?

When You Discover Teen Drug Use

The discovery of a teen's drug use can create overwhelming fear and concern for parents, but there are no boilerplate best-intervention steps. Age, circumstances, the substance used, frequency of use, your child's current school status, and even your family's medical history of risk for dependence on substances can figure into an effective response. There are four key factors to weigh in your response. 1) Avoid the decision to say or do nothing. This includes minimalizing the use (e.g., "thank goodness it was only pot"), because there is risk associated with any kind of substance abuse. 2) Assess the situation. Attempt to discover when the drug was used, how often it was used, who it was used with, how it was acquired, how much your teen possessed, and the circumstances of use. This assessment process will probably lead you to a decision on how to respond. 3) Consider family goals, standards, values, hopes, expectations, and legal implications. Reflect on them to help craft your response. 4) Do not allow the desire to avoid conflict thwart your better judgment to intervene. Winning this inner battle comes with the territory of parenting. 5) Turn to professional counseling or guidance—for yourself—if you are unsure how to respond or believe your intervention was not effective. This step can be a tough one, but may save years, even decades, of anguish.