



# FrontLine Employee

Wellness, Productivity, & You!

WellSpan Employee Assistance Program

## Memories from the Office Party

**H**oliday parties are a great way to connect with your co-workers 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

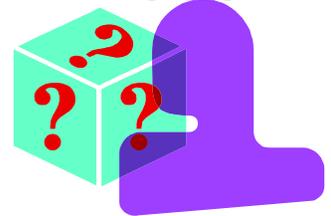
**M**ultiple studies related to eating fruits and vegetables seem to point to emphasized benefits. It appears to be due to cholesterol associated with stroke. Researchers examined 250,000 people. Consuming more fruits and vegetables reduces risk of stroke. For more information on risk of stroke, talk to your doctor!



Imprinting Options—  
Choose one or all

## Taking the Mystery Out of Mental Illness

**O**ne-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.



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      Shrewsbury (717) 812-2560  
Hanover (717) 632-4020      East York (717) 851-6340  
Lancaster (717) 481-7840      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](http://www.wellspaneap.org).

Source: American Psychiatric Association