



FRONTLINE EMPLOYEE

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SMARTMOM APP HELPS SINGLE PARENTS

Here's a special find: the SmartMom app. Its purpose is helping moms find community with other moms and get answers fast to virtually any problem via a digital network. Three million questions have been answered on this app (Search: "smartmom app"). Moms are more often faced with domestic burdens such as managing multiple schedules, overseeing online school expectations, coordinating activities, being chauffeurs, handling domestic chores, and more. This app can lead you to a lot of answers fast.

USING ANTI-ANXIETY MEDICATIONS?

Google reports that searches for "anxiety" and "panic attacks" have skyrocketed during the COVID-19 pandemic (CNN.com Aug. 24, 2020). Have you experienced anxiety and panic symptoms in the past year? Although anxiety and panic attacks don't always require medication, benzodiazepines (Xanax, Valium, Klonopin, Ambien, etc.) are the class of drugs often prescribed for this condition. Work closely with your doctor if these medications are offered to you. Unmanaged, they can leave you dependent (addicted), and willpower will have no preventative effect. Improperly managed, withdrawal from benzos can be dangerous, too—even more so than heroin. The older you are, the greater the risk of injuries and accidents while using benzos. If you're starting to take a benzodiazepine, begin with the end in mind. These drugs are not meant for long-term use. Consider psychotherapeutic help in tandem with medication to boost your gains. Remember, your EAP can help!

Source: www.nih.gov [search "despite risk benzodiazepine use"]

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BREAST CANCER AWARENESS AND ALCOHOL USE

More than 50 studies associate alcohol use with an increased risk of breast cancer. Here are some of the findings: 1) Alcohol increases a woman's risk of hormone receptor-positive breast cancer. 2) Consumption of alcohol causes increased estrogen. 3) Alcohol may damage DNA in cells. 4) Consuming three alcoholic drinks a week raises the risk of breast cancer by 15% compared with not drinking. 5) Alcohol consumption raises the risk of breast cancer by 10% for each additional drink regularly consumed each day. 6) Teen girls who have three to five drinks per week have three times the risk of developing benign breast lumps that may become cancerous later in life. 7) Having two to three alcoholic drinks a day increases the risk that breast cancer will return following treatment by 20% compared with not drinking.

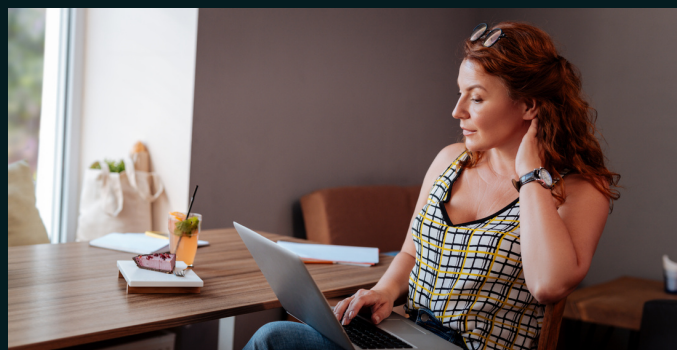
Sources: Breastcancer.org, Komen.org, NIAAA.gov.



PROTECT AGAINST IP ADDRESS HACKING

Computer phishing and viruses cause big trouble, but if your internet protocol (IP) address is stolen and your computer is hacked, a crime could be committed without your knowledge and blamed on you. Your IP address is like your fingerprints on the web. Follow your organization's security protocols. At home, protect your computer IP address (a VPN, or virtual privacy network, accomplishes this goal). Change your password often, and make it hard to guess. Your password is the only barrier that can restrict others from accessing your device.

Source: www.securitytoday.com [search "5 ways protect IP"]



PARKINSON'S LAW—A REMOTE WORKER'S BUGABOO

You are working remotely from home with a task that takes two hours to complete. You have four hours available, so you plan to finish early. But the job takes all four hours! What happened? You are likely a victim of Parkinson's Law. It states that a task or job will consume all the time allowed to complete it. It feels like the work expanded to fill the time available, but it didn't—you simply filled the time with distractions. Remote workers are vulnerable to Parkinson's Law because no one generally is hovering over their work. To fight back, set deadlines much shorter than needed. Try using a timer set to sound every 10 minutes to increase awareness and help you stay focused. You will soon learn to avoid deadline panic, increase your awareness of distractions, and experience more job satisfaction. Outside of work, you will enjoy more leisure time and productivity.

