



BHS A.S.S.I.S.T. Spotlight

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Balancing Social Media and Real Life

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Balancing Social Media and Real Life

Social media is a powerful tool for connection, creativity, and information—but like any tool, its impact depends on how you use it. When approached with intention and moderation, social media can enrich your life emotionally and mentally. But when use becomes excessive or mindless, it can take a toll on your mood, self-esteem and relationships. Striking the right balance is key to preserving your wellbeing while still enjoying the benefits of digital connection.

The Double-Edged Sword of Social Media

There are plenty of good reasons social media has become a regular part of daily life. It allows you to stay in touch with distant friends and family, discover new ideas, express yourself creatively and enjoy entertainment. For many, it's a space to share passions, celebrate milestones, and feel seen.

At the same time, overuse—or unintentional use—can create challenges. Constant exposure to curated posts can spark unhealthy comparisons or fear of missing out (FOMO), which may lead to compulsive checking and a sense of disconnection. Distressing content, toxic interactions and a lack of genuine dialogue can leave you feeling drained. And perhaps most concerning, social media use has been linked with rising rates of depression, loneliness and sleep disruption in both youth and adults.

Strategies for Reclaiming Balance

Creating a healthier relationship with social media starts with awareness—track your screen time, notice how scrolling affects your mood, and reflect on why you reach for your phone. Once you recognize your habits, take intentional steps: curate a feed that uplifts you, unfollow negative accounts, set screen time limits, turn off notifications and carve out phone-free times like during meals or before bed. Even short “digital detoxes” can help you reconnect with real life and reset your perspective.

Prioritizing Real-World Connections

One of the best ways to lessen social media's grip is to strengthen real-life connections—spend time with friends, pursue hobbies, get outdoors and stay present by setting your phone aside during conversations. Even small steps, like calling a loved one or joining a club, can boost your sense of connection and fulfillment. Meaningful offline experiences support your mental health and help make your time online feel more balanced and enjoyable.

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Staying Focused When Vacation Is Calling

When summer rolls around it's natural to feel distracted at work. The good news is that you can stay productive and positive while still honoring your need for rest.

Find Meaning and Motivation in Your Work

If you're struggling to focus, start by rediscovering your sense of purpose. During your day, track the smaller work milestones to maintain momentum—something as simple as checking off tasks or filling in a progress chart can help. Use this time to reflect on what originally inspired you in your role and consider how you might recapture that energy. If needed, reassess your goals to see whether a larger change might be in order.

Plan Breaks—Big or Small

Vacations don't have to be long or extravagant to be effective. Experts suggest building downtime into your routine, whether it's a long weekend getaway or a simple afternoon picnic in the park. Take real breaks during the workday—step away from your desk for lunch, or take a short walk after a big task. Knowing you have scheduled time off can make your day-to-day efforts feel worthwhile and give you something to look forward to.

Leverage Summer's Natural Energy Boost

Summer's extended daylight offers built-in opportunities to unwind. Consider flexible hours, remote work options, or early morning activities that help you start the day refreshed. Even brief moments of sunshine can make a difference. Being outdoors during cooler morning or evening hours can lift your mood and support your health. Prepare for spontaneity—pack a lawn chair, bring a book or stop by a scenic spot after work to relax and recharge.

Embrace Balance and Intentionality

Staying on track at work when vacation is on your mind is about more than just discipline—it's about being intentional with your time, reconnecting with purpose and creating opportunities for rest and reward. Whether it's a full trip, a half-day break or just a moment to enjoy the sunshine, giving yourself permission to pause can help sustain your focus and well-being all season long.

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Empowering Children: Planting the Seeds of Confidence

Parents naturally want their children to thrive. Empowerment plays a key role in helping kids grow into confident, capable adults. Just like planting and nurturing a tree, children need consistent care, encouragement and space to grow. When kids feel respected and supported, they're more likely to develop the resilience and self-worth that will guide them throughout life.

Why Empowerment Matters

Empowering children does more than boost their confidence—it builds a foundation for lifelong success. Children who believe in themselves are more willing to try new things, solve problems independently and bounce back from setbacks. They begin to see themselves as capable and valuable, which encourages self-respect and compassion for others. Empowered kids are also more likely to engage fully in learning and relationships, laying the groundwork for a healthy, balanced adulthood.

Simple Ways to Empower Your Child

Empowerment starts with everyday actions. Give your child choices—even small ones like picking between two breakfast options—so they feel their voice matters. Offer regular encouragement and let them know you believe in their abilities. When challenges arise, guide them with questions like, “What have you tried?” and “What can you do next?” rather than jumping in with solutions. This teaches problem-solving, self-reflection, and persistence—important skills that build inner strength over time.

Empowering your child doesn't require grand gestures. It's about being present, offering encouragement and giving them the tools to make their own decisions. Like watering a young sapling, your consistent support helps your child grow strong roots. Over time, those roots will support a confident, capable adult—ready to thrive in the world with resilience, empathy, and self-assurance.

RECIPE: Spicy yogurt chicken • 5 Minute Prep Time • 25 Minute Cook Time

Ingredients • 8 skinless chicken drumsticks • 2/3 cup Plain Yogurt • 1 tsp chili powder • 1 tbsp ground cumin • 1 tbsp ground coriander • 2 tsp ground turmeric

Instructions • With a sharp knife, make a few slashes in each drumstick. Mix the remaining ingredients in a bowl, season to taste. Add the drumsticks, rubbing the mixture well into the meat. If you have time, cover and chill for 30 mins. Remove the drumsticks from the marinade, shaking off the excess. Cook them on the grill for 20-25 mins, turning occasionally, until cooked through.

