



Reaching Out

HELP FOR YOUR FAMILY AND YOU
518-793-9768



ADIRONDACK EAP
Service to our Community

\$ERXW SRRSOH ZLOO
H[SHULHQFH D SDQLF DW
WDFN GXULQJ WKHLU OLIHWLPH \$
SDQLF DWDFN FDQ VWULNH DQ\
WLPH RU SODFH <RX FRXOG VXG
GHQO\ DZDNHQ DW QLJKW WR
VKHHU W\UURW D, WHDUW
DWDFN EXW \RX PLJKW WKLQN
\RX DUH KDYLQJ RQH ZLWK WRWDO IHDU
LUUHJXODU KHDUWEHDW H[WUHPH DQ[L
LQDELOLW\ WR FDWFK \RX EUHDWK DUH
RIWHQ UHVROYH LQ DERXW WHQ PLQXWH
V\PSWRPDWLF RI DQ DQ[LHW\ GLVRUGHU
6VWKHRUL]LQJ

5HDFKLQJ 2XW LV D SXEOLFDWLRQ R
\$VVLVWDQFH 3URJUDP WR SURYLGH U
XVH
(\$3 LV DQ H-PSWRP UHUHG EHQHILW SUR
\RX DQG \RXU KRXXVKROG PHPEHUV
(\$3 RIIHUV SURIHVVLRQDO TXDOLILHG
UHVROYLQJ DOO W\SHV RI SHUVRQDO
\$OO FROWDFWV ZLWK WKH (\$3 DUH VW
IXOOHYW GHJUDFH DOORZHG ELGODZ V
DWVXUHG PEOLQJ GL]]LQHV DQG
XUWKHVVLRQDO W\SHV SRUW QWDP U
PHSMRQH DQ WKHRRQG LWXZLOO
GLVXSWLRQ LQ VXSSRUW GXULQJ WK

/HDUQ PRUH 0D\FOLQLF RUJ >VHDFK 3SDQLF DWDFN '@

Poor Sleep and Type 2 Diabetes

6OHHS TXDOLWQ VDI OHLQW V
UHVVLVWDQFH DQG KDV DQ LP
SDFW RQ JOXFRVH WROHUDQFH 'LG \R
RU VSHFXODWLQJ DERXW WKHLU GHFLVLRQV
PHQW D PRUH WUXVWLQJ DQG KHOSIXO
GLVFDUG WKLW KDELW ,QVWHDG SUDFWLFH
30DU\ WKDW ZDV D WRXJK GHFLVLRQ +RZ
7KLW DSSURDFK ZLOO HOLFLW VWURQJHU
SV\FKRORJLFDQ G\QDPLFV \RX EHOLHYH
\RX DO DYRLG WWRSDUWROWLQJ PH

RUH EH D WKLW DFWRU IRU GLPHWHV
L\BX DZDNHQ WRR UHTXHQW EDXV
SHUHRG 7KH RWKHU DQXWR SRU V
3UHQVYKH GDJWHOLQOHHSLQJ DOO QLJK
PDYKDYH RW HLJKW RU DLOQ KRXUV S
VGHHS" &XOSUW W\W VODFNLQJ \$Q[L
RU FROG URRP WHPSHUDWXUH %HGV
\$OFRKRO QLJKWFDV &DIIHLQH ,U
([HUFLVLQJ EHIRUH EHGWLPH SDUNSHUHLG
URRP 6OHHS DSQHD

Source www.niddk.nih.gov/ HDU FK 3SRR

\$UH \RX D GHU DOWHU RQ \RXU
 1HZ <H DUHVROXWLRQV" \$Q HVWL
 PDWHG RI SHRSOH JLYH XS E\
)HEUXDUW 'RQ D VWDWLVLWLF 7U\
 EHWWHU SODQVLRXWV GHZSHOO
 SURDFK LV WR VHW 6 0 \$ 5 7 JRDOV
 6 0 \$ 5 7 VWDQGV IRU PDNLQJ \RXU
 JRDOV *Specific, measurable, achieve-*
able, realistic, DQ time-bound ,I \RXU
 UHVROXWLRQ LV WR UHGXFH \RXU SUH
 GLDEHWLF IDVWLQJ JOXFRVH \$ & VFRUH
 PDNH LW VSHFLILF)RU H[DPSOH V

Source: Centers for Disease Control

3URFUDVWLQ DERRXW SXWWLQJ RII WKH SDLQ RI VWDUWLQJ D SURMHFW \$ YL
 DGGV WR WKLV DYRLGDQFH 7R LQWHUYHQH IRFXV DZD\ IURP WKH YLVLRQ
 FRPSOHWLRQ RU VXFFHVV 7KHQ YLVXDOLJH VPDOOHU VWHSV WR PDNH LW HD
 PRWLYDWLRQ GLYLGH VPDOO VWHSV LQWR XWYHQLVFDUHQ\ SWGSEXWKHWI PDH
 ORGLI\LQJ WKLV VORGDQJH VORGDQJH D)HZ' BDOXWMLVWNLVW \RX WR DFW VRRQH
 FRQWLQXLQJ RQ WR ILQLVK WKH MRE LV PRUH OLNHO\ 7U\ LW DQG GLVFRYH