

Employee Assistance Program

March 2019
Newsletter

Vacation Days

While many individuals will be spending Spring Break relaxing on the beach, traveling to a new destination or enjoying time at home - there are plenty of people who won't be taking any days off this month. Project Timeoff reports the astounding statistics of American's vacation trends.

- 52 percent of employees reported having unused vacation days at the end of the year.
- In 2017, the national average was 17.2 vacation days taken per employee.
- Americans forfeited 212 million days in 2017, which is equivalent to \$62.2 billion in lost benefits.
- By forfeiting vacation time, employees effectively donated an individual average of \$561 in work time to their employer in 2017.



Kristten Buttermore's last day will be March 15th. She will be returning to her private practice in Ames at Creative Counseling Services. She will be greatly missed!

Time off is a crucial part of work-life balance and decreasing stress.

If you struggle with managing day to day stress, please contact the EAP.

In Memory Of Vonnie Bengfort



Vonnie and her husband Richard at her retirement party in 2017.

Vonnie Bengfort passed away on February 13th, 2019. Vonnie was a nursing instructor for many years prior to being a therapist at the EAP office for 20 years. She touched many lives throughout her career at UnityPoint and will continue to leave footprints in our hearts. She was full of wisdom and compassion. She will be missed by many.

Memorial gifts can be made in her honor. Simply send a gift to the Foundation and note on the check that it's in memory of Vonnie. Also, contributions may be made to St. Jude's. Online condolences are welcomed at IlesCares.com. Please keep her family in your thoughts.

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Vacation & Self Image

Spring break season is upon us. Many individuals can feel the pressure to have a 'perfect beach body,' and struggle with preparation for vacation.

If your feelings about your appearance get in the way of accepting yourself or enjoying life, please seek professional help.



PREPPING FOR VACATION

- Purchase clothes you feel CONFIDENT in. Consider bringing a friend to give positive feedback and affirmations when shopping.
- If you're considering dieting, be sure to discuss with your physician and/or a registered dietician.
- Check in with your mental health professional, or make an appointment at the EAP.

**Life is a journey,
not a
destination.**

RALPH WALDO EMERSON

The EAP is a free benefit for employees. Office visits are of no charge to you. It's never too early to use the EAP.

If you are concerned about yourself or someone else we can help!