



EFR EMPLOYEE & FAMILY RESOURCES

Domestic Violence Awareness

October is Domestic Violence Awareness Month.



Domestic violence is a repeated pattern of behaviors associated with physical or sexual abuse, psychological abuse, or economic coercion by one domestic partner to another. Usually the motivation for the abuser is to gain or maintain control of the relationship.

While most people associate domestic violence with an act of physical or sexual abuse, other examples include manipulation, threats of violence, put-downs, humiliation, and blame.

Approximately **10 million** men and women will experience some form of domestic violence each year in the United States.

Domestic violence survivors are at an increased risk for panic attacks, anxiety, depression, post-traumatic stress disorder, and substance use disorders.

KNOW THE SIGNS

Domestic violence, or intimate partner violence, can be a difficult topic to address with friends, colleagues, or family members. If you notice any of these changes in yourself or someone you are close to, please call EFR. We will connect you with resources that can help address your concerns.

- Wearing excess makeup or clothing that is not seasonal to cover up physical abuse
- Backing out of social engagements
- Change in sleep habits

- Loss of interest in daily activities
- Excessive privacy regarding personal life and partner
- Isolation from family and friends
- Being checked on frequently by partner
- Having very little access to money or financial decision making

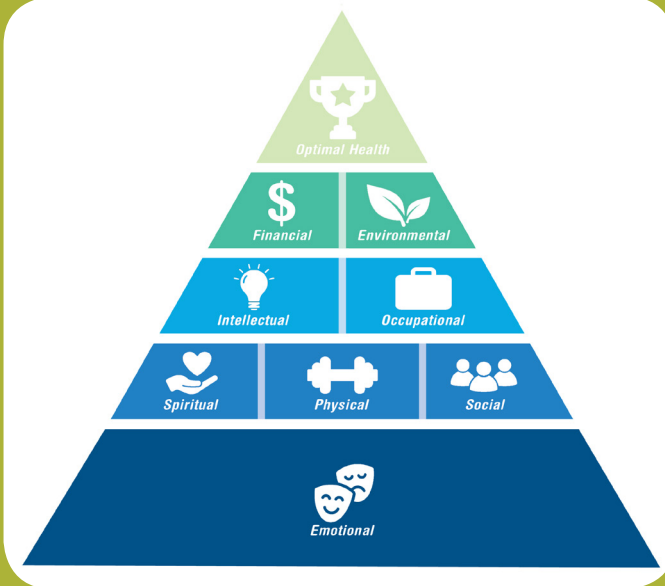
Click [here](#) for more information on domestic violence.

WELLNESS

Explore the Great Outdoors!

With the changing of seasons, now is the time to enjoy the outdoors before cooler weather and winter make their appearance. Getting fresh air is important for the mind, body, and spirit. Here are a few ideas for playing outdoors this time of year:

- Rake leaves
- Visit an apple orchard or pumpkin patch
- Visit a local park or trail and go hiking
- Go for a hayride



Click [here](#) to download the EFR Monthly Motivator

5 Fast Facts About Your EAP Benefit:

- We are available 24/7 to take your call!
- Our services are confidential.
- EAP benefits are available to members of your household.
- You can chat with a counselor online www.efr.org/chat
- We provide more than counseling – check out our [legal](#) and [financial](#) services.



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For related articles and support, visit our website at www.efr.org/myeap.
To access EAP services, call 800.327.4692.

This newsletter is provided by your employer in cooperation with your Employee Assistance Program (EAP) because we care about you and your family.



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