



# 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[LHW  
LQDELOLW\ WR FDWFK \RX EUHDWK DUH FODVLF VPSWRPV  
RIWHQ UHVROYH LQ DERXW WHQ PLQXWHXU WSKRHHV LQ EDUWXS RU W  
V\PSWRPDWLF RI DQ DQ[LHW\ GLVRUGHU RU PHSMDOH KHDQ WKHRRQG LWX RZLOO  
6VWKHRUL]LQJ

5HDFKLQJ 2XW LV D SXEOLFDWLRQ R  
\$VVLVWDQFH 3URJUDP WR SURYLGH U  
XVH  
(\$3 LV DQ H-PSWRPV UHG EHQHILW SUR  
\RX DQG \RXU KRXXVKROG PHPEHUV  
(\$3 RIIHUV SURIHVVLRQDO TXDOLILHQ  
UHVROYLQJ DOO W\SHV RI SHUVRQDO  
\$OO FROWDFWV ZLWK WKH (\$3 DUH VW  
IXOOHYW GHJUDFH DOORZHG ELGODZ V  
DWVXUHG PEOLQJ GL]]LQHV DQG  
XUWKHVV LQ EDUWXS RU W  
2XU WSKRHHV LQ EDUWXS RU W  
PHSMDOH KHDQ WKHRRQG LWX RZLOO  
GLVXSWLRQ LQ VXSSRUW GXULQJ WK

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

## Poor Sleep and Type 2 Diabetes

RU VSHFXODWLQJ DERXW WKHLU GHFLVLRQV RU EHKKYLRU IRU GLPHWHV  
PHQW D PRUH WUXVWLQJ DQG KHOSIXO LUDWLRQV WR ERUHHTXHQW EDXV  
GLVFDUG WKLW KDELW ,QVWHDG SUDFWLFH RYHUHQHSDXW WR SRRU V  
30DU\ WKDW ZDV D WRXJK GHFLVLRQ +RZ GRVXUHQH DERXW LW  
7KLW DSSURDFK ZLOO HOLFLW VWURQJHU LOVLJKW YHU XV KHDULQJ KRXUV  
SV\FKRORJLFDQ G\QDPLFV \RX EHOLHYH DUH DIIHFWLQJ WKH VODFNLQJ \$Q[L  
\RX DOO DYRLG WWRSDUW BOWLQJ PH

6OHHS TXDOLWV DIIHFWV  
UHVVLVWDQFH DQG KDV DQ LP  
SDFW RQ JOXFRVH WROHUDQFH 'LG \RX  
IRUH EH DIIHFWLQJ IRU GLPHWHV  
LUDWLRQV WR ERUHHTXHQW EDXV  
SHUHQHSDXW RYHUHQHSDXW WR SRRU V  
30DU\ WKDW ZDV D WRXJK GHFLVLRQ +RZ GRVXUHQH DERXW LW  
PDYDFOH RYHUHQHSDXW RYHUHQHSDXW RYHUHQHSDXW RYHUHQHSDXW  
VODFNLQJ &XOSUW W\SHV VODFNLQJ \$Q[L  
RU FROG URRP WHPSHUDWXUH %HGV  
\$OFRKRO QLJKWFDV &DIIHLQH ,U  
([HUFLVLQJ EHIRUH EHGWLPH SDUNSHUHLG  
URRP 6OHHS DSQHD

Source [www.niddk.nih.gov](http://www.niddk.nih.gov) / H D U F K 3 S R R

\$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  
 JR *Specific, measurable, achieve-*  
*able, realistic, DQ One-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 D ERXW 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 LQWRXWHQV DZD\ SWG SXWKHWI PDH  
 ORGLI\LQJ WKLV VORGDQJH VORGDQJH D )HZ' DDQXWMLVWNLWV \RX WR DFW VRRQH  
 FRQWLQXLQJ RQ WR ILQLVK WKH MRE LV PRUH OLNHO\ 7U\ LW DQG GLVFRYH