

Healthy Pathways



Guard Against Workplace Fatigue

Workplace fatigue has contributed to some of the world's greatest disasters, including Chernobyl, the Challenger explosion, and the Exxon Valdez oil spill. Fatigue typically happens after prolonged mental and physical activity. In today's always-on, technology-driven world, its frequency and impact on health and productivity are gaining attention. Remote work, late-night emails, digital multitasking, and insufficient sleep are common contributors that often go unnoticed until performance or safety is compromised. Recognize the signs of fatigue and take action to protect your health. Symptoms include difficulty concentrating, slowed reaction time, irritability, persistent drowsiness, and reduced motivation. You may also experience frequent yawning, headaches, forgetfulness, blurry vision, and increased mistakes. If fatigue continues, see a medical doctor to discover its underlying cause, and if your lifestyle creates fatigue, talk to the EAP. On the job, take a break. Walk, stretch, hydrate, do breathing exercises, and get fresh air. If your fatigue is severe, let someone know to reduce the risk of injury or prevent a calamity.



Learn more: healthmatch.io/blog/are-you-too-tired-causes-and-solutions-for-tiredness-and-chronic-fatigue

Don't Lose Your Emotional Intelligence

Emotional Intelligence (EI) is the ability to recognize, understand, and manage our emotions and the emotions of others in our interactions. EI is essential for building strong relationships and driving sustained productivity. However, EI is not a fixed skill and, without practice, can gradually decline over time. This loss of EI can happen if you spend excessive time online at the expense of real-life interactions, says research. The constant scrolling, passive consumption of content, and lack of genuine feedback loops can subtly erode emotional awareness and social responsiveness over time. Do you spend hours a day on social media or is it your primary means of interacting with others? If you're substituting social media for healthier ways of bonding with others, recognize that your EI is underutilized and it might be reflected at work or home with poor communication, inability to empathize, more conflicts, and problems working collaboratively with others.



Learn more: pmc.ncbi.nlm.nih.gov/articles/PMC11321225/

INOVA EMPLOYEE ASSISTANCE PROGRAM

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SPRING 2025