

Thought of the Week

March – Bullying

When people hear the word "bullying," they often think of children on the playground or high schoolers getting teased by their classmates. Bullying is aggressive behavior with the intent to intimidate, humiliate, sabotage, or degrade. It involves deliberate, hurtful, and repeated mistreatment of employees fueled by a desire to control.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for "Bullying."



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call **1-800-899-8174**.

Visit our website at www.sentaraEAP.com for additional topics and information.