

# EAP MONTHLY UPDATE

## WELCOME TO THE EAP MONTHLY UPDATE - DECEMBER 2019



During the holiday season it's easy to overindulge in unhealthy eating. While many people resolve to change their eating habits in the New Year, you can start now to take charge of your eating and learn to tell the difference between physical hunger and cravings that are related to emotional issues and unmet needs. Look for information this month on how to reap a number of health benefits by applying – and practicing – the principles of mindfulness to eating.

Learn more about healthy eating and nutrition at <http://www.eap.calhr.ca.gov>.

## MONTHLY ARTICLE

### Using Mindfulness to Take Charge of Your Eating

Practicing mindful eating can be beneficial for your emotional and physical wellbeing. Too often when we're busy or stressed, we turn to unhealthy foods even when we're not hungry as a way to distract ourselves or meet an emotional need. In this article, you'll learn how mindful eating can be a game-changer when it comes to controlling cravings and changing unhealthy eating habits. Learning to listen to your body's cues and gain control over your eating can also help you reduce stress, lose weight, and feel better overall.

Visit <http://www.calhr.ca.gov/employees/Pages/eap-articles.aspx> to read the article.



## EAP FEATURED BENEFITS

### Emotional and Physical Health and Wellbeing

At times we all experience problems at work or home that make us feel stressed and unhappy. During the holiday season, we may overbook ourselves and experience stress from excessive commitments, financial pressures, and family conflicts. EAP can provide guidance and referrals when we feel overwhelmed and need balance in our lives.



## EAP FEATURED BENEFITS (CONT.)



### Messaging Therapy

Through EAP, you have access to no cost, confidential Messaging Therapy, provided by Talkspace. With Messaging Therapy, you'll have access to one of more than 3,000 licensed therapists across the United States who are trained to be empathetic and use evidence-based clinical approaches. You are eligible for up to four sessions of Messaging Therapy. A typical session is about one week. These sessions do not count against your EAP clinical services. You can send your therapist a secure message whenever you need to, and they will typically engage daily, Monday through Friday. To get the best results, plan to engage with your therapist at least three times during the week, from wherever you are!

Visit <http://www.eap.calhr.ca.gov/home-page.aspx> to learn more about all EAP resources available on emotional and physical health and wellbeing.

## MIND YOUR MENTAL HEALTH

Mind Your Mental Health (MYMH) helps raise awareness about mental health issues to help you and your friends, family, and coworkers learn practical ways to support your own mental health and gain an understanding of how to help others.

The winter holidays are supposed to be joyous, but they can also be hectic, stressful and sometimes disappointing. There are techniques you can adopt to handle the holiday crunch better.

- Read about how to manage your risk for holiday stress this season.
- Learn about practical tips for reducing your stress both before and during the holidays.
- It's not just adults who can struggle to keep up with the holiday follies. Kids get stressed and anxious too. Learn how to recognize signs of stress in children, set a calm and balanced example for them, and support their healthy diet and exercise habits during the holidays.

Visit the MYMH web page to learn more: [MagellanHealth.com/MYMH](http://MagellanHealth.com/MYMH)

## UPCOMING EVENTS

### Fall 2019 Free EAP Statewide Orientations and Workshops

We will be hosting Fall 2019 free EAP Statewide Orientations and Workshops September through December.

#### Sessions Offered:

- Five Fast Fixes to Reduce Stress
- Gaining Control of Your Health and Financial Stress
- The Sandwich Generation
- Surviving the Holidays
- Employee Orientation
- Supervisor Orientation

For a list of times and locations please visit: <http://www.calhr.ca.gov/employees/Pages/eap.aspx>. All sessions are free and are available to all employees, reservations are not required, and seating is on a first-come first-served basis. Before planning to attend, employees should ensure supervisor's approval, and provide two weeks notice for special accommodations. At many facilities parking is not provided and employees should plan accordingly. Please share this information with your colleagues and remember to check back frequently as new sessions will be added.

# DECEMBER AND JANUARY LIVE WEBINARS

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## December

### Manager Webinar – Helping Employees Positively Maneuver Change in the Workplace

December 4, 2019 | 11:00 AM – Noon

**Description:** In this webinar, you will learn the types of change and the challenges and benefits of change. As well, we will discuss effective leadership for a changing environment and define proven methods of self-care in times of change.

### Employee Webinar – Using Mindfulness to Take Charge of Your Eating!

December 11, 2019 | 11:00 AM – Noon

**Description:** Do you want to gain more control over your eating? Do you find yourself repeating the same patterns over and over? Mindfulness applied to eating can help you focus on the present moment, and recognize and change unhealthy eating habits. In this webinar, you'll learn the techniques and strategies of mindful eating behavior. You'll have the opportunity to practice a mindful eating exercise and gain the tools to make healthier choices.

## January

### Employee Webinar – Emotional Muscle Part Two: How to Grow Resilient School-Age Kids and Become Stronger Parents

January 8, 2020 | 11:00 AM – Noon

**Description:** Emotional muscle isn't about acting tough or suppressing emotions. It's also not about being unkind. In this webinar, we will define emotional muscle and how it pertains to resilience as well as describe why it's essential for kids and teens to build their emotional muscles. You'll learn ways to help kids and teens bounce back from difficulties.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the EAP website at [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov), click on the "Members" section, and then "Monthly Webinar." To register for Manager webinars, click on the "Leader's Corner" tab and then "Manager Webinar."

Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars go to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov), scroll down and click on "Choose Your Plan," click "Go," then "Member Services," and then "On Demand Learning." That will bring up past webinar recordings and podcasts. There you will find a browse function and will be able to choose by topic. For Managers, after clicking "Go," click "Managers," and then "On Demand Learning."



## EMPLOYEE ASSISTANCE PROGRAM

1-866-EAP-4SOC  
[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)

