

EAP MONTHLY UPDATE

WELCOME TO THE EAP MONTHLY UPDATE - FEBRUARY 2020

At times we all experience stress and feel tested. And while a certain level of stress is healthy and can be motivating, too much stress can affect our health, productivity, relationships, and even our ability to make wise decisions. Look for keys this month to manage stress and ways to maintain your self-control when you're faced with challenging times. Learn more about stress management resources at eap.calhr.ca.gov.

COMING SOON – YOUR NEW EAP WEBSITE!

We are pleased to announce that your new EAP website will launch on March 1, 2020. The newly designed website features a user-friendly browsing experience that allows you to quickly see all the programs and services available to you and your eligible dependents at no cost, 24/7/365. Key features of your new website include:

Explore Services - features individual program tiles for quick and easy access to services.

App Library - hosts convenient links to download mobile apps to help with anxiety management, insomnia, obsessive compulsion disorder and more.

The Learning Center - provides fresh, clinically-approved content on a variety of topics from building resiliency to handling traumatic events in the form of articles, videos, self-assessments, and webinars.

The monthly update and live webinar are featured on the homepage each month.

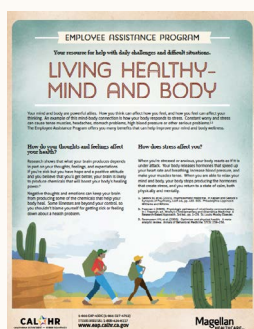
More information about your new EAP website will be available soon.

MONTHLY ARTICLE

Increasing Your Self-Control in Challenging Situations

People with a high level of self-control tend to be healthier, happier, and more likely to achieve their goals. But it isn't easy to maintain willpower and self-discipline when you're faced with difficult circumstances. In this article, you'll learn ways to improve your level of self-control even if you feel you're at your limit. It won't happen overnight but just like a muscle, self-control can be strengthened with practice.

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



EAP FEATURED BENEFIT

Living Healthy, Mind and Body

Achieving personal goals for emotional and physical health can be easier with support from others. Are you interested in eating better, exercising more, and improving your emotional health? EAP offers help and motivation from health coaches and peers, as well as articles and informative content about fitness, nutrition, stress management and more.

Visit <http://www.eap.calhr.ca.gov/home-page.aspx> to learn more about living healthy.

FEBRUARY 17 IS NATIONAL RANDOM ACT OF KINDNESS DAY



Research shows that being kind to others is good for your health, makes you feel happier, and inspires others to perform kind acts too. Make every day a random act of kindness day!

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.

Want to feel better while also making someone else feel better? Do something nice for a complete stranger, a family member or a co-worker. You also can express kindness anytime for those in your life who may be experiencing mental illness.

1. **Share your concern.** Say things such as, “I care about you and I’ve been worried. Can we talk about what you’re experiencing?”
2. **Listen actively.** Show respect, compassion, and understanding. Say things like, “I know you’re having a tough time now, but I understand and want to help.”
3. **Be patient.** The person with mental illness challenges may not be communicating very well now. Give them the opportunity to talk and open up, but don’t press.
4. **Share hope and encouragement.** Remind them that the right treatment will help. Offer your support and connect them to help if you feel they need it.

Visit the MYMH web page to learn more: MagellanHealth.com/MYMH

FEBRUARY AND MARCH LIVE WEBINARS

February

Mindfulness – The Life-Changing Practice for Living a Happier, Healthier Life

February 12, 2020 | 11:00 a.m. – 12:00 p.m.

Description: What do mindfulness practices and programs entail and what are the social, health, and workplace benefits? Learn how to incorporate mindfulness in your daily life and experience the power of being present.

March

Thriving in a Multigenerational Workforce

Wednesday, March 11, 2020 | 11:00 a.m. – 12:00 p.m.

Description: Are you a Traditionalist, Baby Boomer, or a member of Gen X, Y or Z? How do the backgrounds and unique perspectives of these five generations impact the workplace? In this webinar, you’ll have a better understanding of how to navigate a multigenerational workforce and build positive relationships with people of all ages.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the EAP website at 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 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
eap.calhr.ca.gov