

# EAP MONTHLY UPDATE

## WELCOME TO THE EAP MONTHLY UPDATE - SEPTEMBER 2019



Burnout, a state of mental and physical exhaustion, can happen when you experience constant and excessive stress. Life seems bleak, problems appear insurmountable, and you may feel you have nothing left to give. Burnout can severely impact your health, your job, and your relationships. Look for information this month on the physical and emotional signs of burnout, tips to stay motivated at work, and ways to recover your emotional health and work-life balance. Learn more about combating workplace stress and burnout at <http://www.eap.calhr.ca.gov>.

## MONTHLY ARTICLE

### Telltale Signs of Burnout: Avoiding Burnout and Workplace Stress

Every job has its stressors. But when stress becomes chronic and unrelenting, it can lead to burnout: loss of motivation, fatigue, and a sense of hopelessness. Understanding the root causes of burnout is the first step to recovery. In this article you'll learn about the warning signs of burnout, how to set boundaries to achieve a better work-life balance, and why it's important to pay attention to the basics of good health and wellbeing.

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



## EAP FEATURED BENEFIT

### Tele Coaching

The EAP offers guidance and assistance for everyday situations, from tips on how to balance the pressure of work with the rush of home life to enhancing time management skills. Professional, trained coaches are available to employees and their eligible family members for telephone or video teleconference consultations on topics such as stress reduction, work-life balance, time management, and more.

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



# MIND YOUR MENTAL HEALTH

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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.

September is National Suicide Prevention month. Unfortunately, suicide rates in the U.S. over the past decade have risen across the lines of age, gender, race, and ethnicity. People from all walks of life can suffer with suicidal thoughts; your awareness of suicide risks can save lives.

- Review the many misconceptions people have about who could potentially attempt suicide, and get facts that will increase your understanding.
- There are a number of observable factors in people's personal situations and behaviors that suggest suicide risk. Learn about the warning signs of suicide in adults.
- If you have had serious depression and/or thoughts of suicide, learning more about suicide warning signs can help you decide whether to consider reaching out for professional assistance.

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

## SEPTEMBER AND OCTOBER LIVE WEBINARS

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### September

#### **Employee Webinar - From Stress to Success: Strategies to Defeat Workplace Stress**

September 11, 2019 | 11:00 AM – Noon

**Description:** Can you identify the warning signs and the physical and emotional effects of uncontrolled stress? Chronic stress can impact the quality of your life and your personal and professional relationships. Learn stress-busting tips for the workplace and how the EAP can help.

### October

#### **Positively Maneuvering Change in the Workplace**

October 9, 2019 | 11:00 AM – Noon

**Description:** Change is essential for businesses to grow and thrive, but people often fear the unknown and a departure from the status quo. In this webinar, you'll learn ways to manage your emotions to cope effectively with change in the workplace, and open your mind to the new possibilities that change can present.

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."

# UPCOMING EVENTS

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## Fall 2019 Free EAP Statewide Orientations and Workshops

We will be hosting free EAP Fall 2019 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.



## EMPLOYEE ASSISTANCE PROGRAM

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

