

# EAP MONTHLY UPDATE

## WELCOME TO THE EAP MONTHLY UPDATE - AUGUST 2019



No one is immune from problems and hardships in life, but we all have the power to choose how we will react in any situation. We can all learn and practice ways to enhance our emotional strength, improve our resilience, and teach effective coping strategies to our kids. Look for tips this month on positive parenting skills and healthy ways to overcome adversity. Learn more about resources for resilience and positive parenting by visiting the EAP website at <http://www.eap.calhr.ca.gov>.

## MONTHLY ARTICLE

### Emotional Muscle: How to Raise Resilient Children and Become Stronger Parents

We can't always protect our children from adversity, but we can guide and support them, and help them develop the valuable skills of coping and resilience. Children who learn to manage their emotions and persevere in the face of difficulties become well-adjusted adults who can handle life's challenges with confidence and optimism. In this month's article, learn tips on how to promote growth and learning in kids, and model the behaviors that will help them become resourceful adults.

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



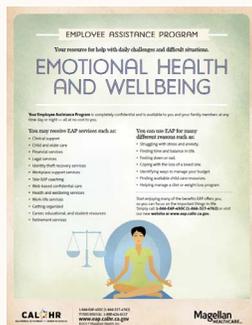
## EAP FEATURED BENEFIT

*Reminder, July 1 starts a new fiscal year and your benefits renewed. Take advantage of all EAP resources available.*

### Emotional Health and Wellbeing

Sometimes a healthy lifestyle seems impossible with a busy schedule and other factors that get in the way. The EAP's health and wellness program makes it easy for employees and their families to manage their physical and emotional health. Eat better, move more, be happier and healthier with wellness resources available through your program. Learn about different ways to stay motivated and get healthy with interactive tools and assessments, educational articles and engaging videos.

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



# 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.

Resilience skills can be learned; they're not necessarily innate. You can help your children adapt to stressors by encouraging a positive, flexible attitude. Plus, make sure they get adequate sleep, a well-balanced diet, and plenty of exercise.

- Children have a surprising ability to problem solve independently when given the chance. Learn more about the common characteristics of children who have enhanced their inner strength.
- Learn valuable tips for teaching children how to process complex situations and emerge intact—to be resilient.
- While some peers can provide support and healthy examples to emulate, your children can also pick up risky behaviors from others. Learn how to help children better handle unhealthy types of peer pressure.

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

## AUGUST AND SEPTEMBER LIVE WEBINARS

### August

#### **'Emotional Muscle': How to Grow Resilient Children and Become Stronger Parents**

August 14, 2019 | 11:00 AM - Noon

**Description:** What is the concept of 'emotional muscle' and how can it be developed? Learn how parents and children can grow together through different life stages to become stronger and more resilient, and bounce back when bad things happen.

### September

#### **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? Learn stress-busting tips for the workplace and how EAP can help.

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)

