

EAP MONTHLY UPDATE

WELCOME TO THE EAP MONTHLY UPDATE - APRIL 2020

Money plays a key role in our lives, and financial worries can impact emotional and physical health. It's important to understand the basics of financial literacy in order to make good decisions about spending, saving, credit, investing, and more. This month, look for ways to improve your financial know-how, stay motivated, and build your nest egg one step at a time. Learn more about financial topics at eap.calhr.ca.gov.

MONTHLY ARTICLE

Making Smart Money Decisions

Do you feel you're managing your money effectively? Are you and your partner on the same page when it comes to short and long term financial goals? Open communication and transparency about financial matters are essential for building trust and can go a long way toward preventing serious disagreements about money. In this article, you'll find tips for motivating each other and staying on track to meet your savings and spending goals.

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



EAP FEATURED BENEFIT

Retirement Services

Whether you're new to the workforce and just starting to save for retirement, or you're getting close to retirement, EAP offers a wealth of information to help you with your planning. In addition to telephonic and in-person consultation, employees can access tools and resources including articles and guides covering a wide variety of financial topics, online calculators and estimator tools, and frequently asked questions answered by professional financial experts. Visit eap.calhr.ca.gov/home-page.aspx to learn more about EAP's retirement services.



APRIL IS NATIONAL FINANCIAL LITERACY MONTH



Are you managing your money effectively? Is it time for a financial “check-up?” The financial decisions we make every day can either help or hinder us in reaching our goals. When you increase your level of financial literacy, you can make smart decisions about money and become more confident about your financial future.

MIND YOUR MENTAL HEALTH

April is Stress Awareness Month

In April, healthcare professionals unite to raise awareness of the impact of stress. When stress triggers your body’s “fight-or-flight” response, it strains your emotional and physical health. Over time you may lose the ability to recognize the harmful effects of stress.

- 1. Spot the signs.** Excessive stress often shows as muscle tightness, headaches, fatigue, sleep problems, high blood pressure and digestive problems. It also often causes restlessness, anxiety, irritability and depression.
- 2. Track and manage stressors.** Keep a journal and document the recurring situations that create your stress, and how you typically respond. While you may not be able to avoid stressful circumstances, you can learn to group them or plan more positive ways to view them.
- 3. Care for you!** Adopt a relaxation technique, get enough sleep and exercise, eat a balanced diet and schedule time for activities where you can explore your interests, relax and recharge.

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.

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

APRIL AND MAY LIVE WEBINARS

April

Budgeting, Relationships and Life Events

Wednesday, April 8, 2020 | 11:00 a.m. – 12:00 p.m.

Description: What are the life events that can change your financial plans – and how do you handle them? In this webinar you'll learn about financial wellness growth opportunities and the four crucial financial issues to discuss in your relationships.

May

Mental Health First Aid: An Overview

Wednesday, May 13, 2020 | 11:00 a.m. – 12:00 p.m.

Description: In this webinar, you'll learn about different mental health conditions, risk factors, and types of crises. You'll identify the components of a Mental Health First Aid plan and the different types of mental health treatments and support systems available. You'll also receive additional resources, including personal self-care strategies.

UPCOMING EVENTS

Spring 2020 Free EAP Statewide Orientations and Workshops

We will be hosting the following free Statewide Orientations and Workshops April through May:

- Employee Orientation
- Supervisor Orientation
- Create a Positive Outlook
- Using Self-Coaching to Achieve Your Health and Wellness Goals
- Goal Setting to Ignite Workplace Success
- Strategies for Resolving Workplace Conflict

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
eap.calhr.ca.gov