

EAP MONTHLY UPDATE

WELCOME TO THE EAP MONTHLY UPDATE - JANUARY 2020

Health issues, relationship problems, natural disasters, traumatic events, and situations can test the limits of our endurance. Why is it easier for some people faced with adversity to adapt and continue moving forward? How can you improve your resilience - the ability to tackle life's challenges – and grow stronger? Look for practical tips and strategies this month to improve your resilience and grit.

Learn more about resources on resilience and how to build a healthy self-image at eap.calhr.ca.gov.

MONTHLY ARTICLE

Developing Resiliency and Grit

Difficulties and disappointments are inevitable, but how we bounce back from stressful circumstances and traumatic events depends on our level of resilience. Resilience is not a personality trait; it can be learned and practiced just like other skills. When you have a positive view of yourself and confidence in your strengths and abilities, you can better handle life's challenges. In this article you'll learn ways to boost your resilience and grit, and understand the importance of strong social connections.

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



EAP FEATURED BENEFIT

Tele-EAP Coaching

EAP offers guidance and assistance for everyday situations, from suggestions on how to balance work and home life to reducing stress and enhancing time management skills. Do you want to speak to someone but are worried about travel time or traffic? Try a telephone/video consultation with a professional, trained coach available through EAP at times that are convenient for you and/or eligible family members.

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



JANUARY IS NATIONAL GET ORGANIZED MONTH

One of the most important benefits of organizing your space is reduced stress. Having a more efficient system can reduce the feeling of being overwhelmed and allow you to have more time to spend on what's important to you.



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.

Being mentally healthy is a vital part of our overall well-being. Just as it's important to monitor markers of our physical health such as blood pressure or cholesterol levels, we need awareness of our emotional well-being. This can include our moods, our ability to function socially, our energy levels and our ability to respond to challenges. Practice these tips to care for your well-being.

1. Be aware. Seek help if you experience ongoing feelings of sadness or hopelessness; loss of energy; insomnia, early awakening or oversleeping; or restlessness and irritability.
2. Care for yourself. Avoid alcohol and drugs. Refresh your psyche by walking or driving to a new place, or try a new restaurant. Express your feelings through writing, painting, or drawing.
3. Give treatment time. If you've begun mental health or substance abuse treatment, stay with your treatment plan and don't prematurely discontinue any prescribed medications.

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

JANUARY AND FEBRUARY LIVE WEBINARS

January

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

January 8, 2020 | 11:00 AM – Noon

Description: Why is it important for kids and teens to develop emotional muscle? How can you, as a parent, model resilient behaviors? In this webinar, learn practical ways to help your children build their capacity for resilience and bounce back from life's inevitable difficulties.

February

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

February 12, 2020 | 11:00 AM – Noon

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.

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



CALIFORNIA DEPARTMENT OF HUMAN RESOURCES