

EAP MONTHLY UPDATE

WELCOME TO THE EAP MONTHLY UPDATE - JUNE 2020

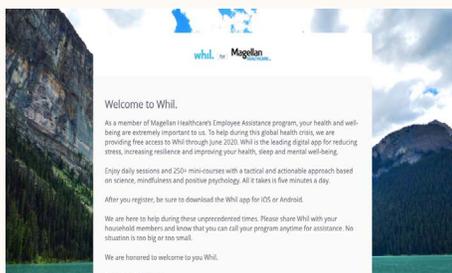
In every interaction with others, we have the power to react with kindness and respect. Healthy, satisfying relationships with others are vital for our mental and emotional well-being, but sometimes we take the important people in our lives for granted. Look this month for tips on building strong relationships and improving the work environment by practicing acts of compassion. Learn more about the benefits of healthy relationships at eap.calhr.ca.gov.

MONTHLY ARTICLE

Practicing Compassion

Did you know that there are emotional, psychological, and physical health benefits from practicing acts of kindness, giving, and compassion? Once we learn to treat ourselves with compassion, we can extend compassion to others, inspire them, and truly make a difference in other people's lives. In this article you'll learn ways to demonstrate compassion at home and work and build stronger and more trusting connections with others.

Visit calhr.ca.gov/employees/Pages/eap-articles.aspx to read the article.



EAP FEATURED BENEFIT

Whil

The emotional health and wellness of your departments is our priority. We are pleased to offer free access to Whil, a leading digital solution to help individuals reduce stress, increase resilience, and improve mental well-being, sleep, and performance sponsored by our EAP provider, Magellan. The well-being platform offers daily tips and inspiration, 250+ science-based mini-courses, 600 video coaching sessions, 1,200+ audio trainings, 150+ expert articles and more.

Access Whil directly at: connect.whil.com/sponsor/California

You may register with your work e-mail address, or any personal e-mail address, to use the program during this free access period through July 31, 2020.

JUNE IS NATIONAL PTSD AWARENESS MONTH



Post-traumatic stress syndrome (PTSD) can affect anyone who has witnessed or experienced a life-threatening event. Symptoms of PTSD can be very distressing and negatively impact a person's home and work life. PTSD Awareness Month is a campaign that calls attention to this condition that can affect veterans and non-veterans alike, and the importance of treatment, which can greatly improve quality of life.

MIND YOUR MENTAL HEALTH

Overwhelming trauma can have destructive, lasting effects on those experiencing it. People with post-traumatic stress disorder (PTSD) may have ongoing frightening memories of a traumatic event—often with the same degree of anxiety as during the event itself. They often remain tense and anxious, and may startle easily.

1. PTSD is common. According to the National Center for PTSD, between 7 and 8 percent of the population will experience PTSD during their lifetime.
2. The causes are diverse. Traumatic events triggering PTSD can include violent personal assaults, military combat, natural or human-caused disasters, accidents, terrorist incidents or a loved one's sudden death.
3. Showing sensitivity helps. If you're aware of someone suffering with PTSD, strive to understand their experiences and day-to-day realities. PTSD is treatable, but not everyone seeks treatment.
4. Treatment works. A combination of counseling, medication and ongoing support can help people regain their health and full functioning.

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

JUNE AND JULY LIVE WEBINARS

June

The Life-Altering Effects of Practicing Mindful Self-Compassion

Wednesday, June 10, 2020 | 11:00 a.m. – 12:00 p.m.

Description: What is mindful self-compassion (MSC) and why is it important? In this webinar you'll learn about the three basic elements of self-compassion, how to overcome barriers to self-compassion, and practical techniques for developing MSC.

July

A Stress Relief Toolkit – Tips and Tools for Managing Stress

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

Description: In this webinar, you'll learn how to shift your mindset around stress and understand how to work with your body's alert system. You'll also practice changing your internal conversation, and create practices and rituals you can use every day to regulate stress.

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. Scroll down to the bottom of the homepage. On the right side under the header for "Featured Topics," click on the link for "Access 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. Click on the "Learning Center" header. Scroll down on the Learning Center page. On the left side of the page, click on "Webinars." Click on "View More" to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.

EMPLOYEE ASSISTANCE PROGRAM

1-866-EAP-4SOC

eap.calhr.ca.gov



CALIFORNIA DEPARTMENT OF HUMAN RESOURCES