

EAP MONTHLY UPDATE

WELCOME TO THE EAP MONTHLY UPDATE - NOVEMBER 2019



Millions of Americans are caregivers for aging parents or other relatives. It sounds like a cliché, but it's important to recognize that you cannot take care of others unless you first take care of yourself. It's vital for your mental and physical health to acknowledge your feelings, take time out from caregiving when you need to, and stay socially connected. Look for information this month on how to meet the challenges of caregiving and the resources available for caregivers and their family members. Learn more about caregiving at <http://www.eap.calhr.ca.gov>.

MONTHLY ARTICLE

Caring for the Caregiver

While being a caregiver can be a rewarding experience, it can also be a source of great stress. Balancing a job, a family, and caregiving tasks is a tall order for anyone. It's normal to feel angry, frustrated, or resentful at times. It may seem that there are never enough hours in the day for you to meet your own needs. In this article you'll learn to recognize the signs of caregiver burnout, why it can be difficult to ask for help, and the importance of self-care.

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



EAP FEATURED BENEFIT

Elder Care

Many people are part of the “sandwich generation” and balance their time caring for their own families and aging parents. Finding the right resources for adult care can be a challenge. The EAP can provide guidance and referrals, caregiving resources and support, community-based services, and attorneys specializing in elder issues and insurance needs.

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



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.

If you're caring for someone who has a mental illness, you may well be familiar with the ups and downs of the recovery process for both parties. Approximately one out of four caregivers for people with mental illness suffers with depression themselves. However, there are resources available.

- Learn how to be an effective caregiver—through self-education about mental illness, recovery advocacy, being a trusted friend and practicing adequate self-care.
- Providing care for a family member can have various physical and mental effects, including stress. Consider the challenges and associated coping strategies.
- Find out how to set more limits and attain better balance in your life.

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

UPCOMING EVENTS

Fall 2019 Free EAP Statewide Orientations and Workshops

We will be hosting Fall 2019 free EAP 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.

NOVEMBER AND DECEMBER LIVE WEBINARS

November

Employee Webinar - Caregiver Endurance Guide: Caring for Yourself and Your Aging Loved One

November 13, 2019 | 11:00 AM – Noon

Description: Caregiving can be both a rewarding and draining job, physically, emotionally, and financially. It isn't easy when parent and child roles are reversed, and finding the right aging services can be a challenge. This webinar will teach strategies to help you and your loved one approach the aging process and the conflicting emotions that can arise. You'll also learn how to look after your own health and well-being, including how EAP can help.

December

Manager Webinar – Helping Employees Positively Maneuver Change in the Workplace

December 4, 2019 | 11:00 AM – Noon

Description: In this webinar, you will learn the types of change and the challenges and benefits of change. As well, we will discuss effective leadership for a changing environment and define proven methods of self-care in times of change.

Employee Webinar – Using Mindfulness to Take Charge of Your Eating!

December 11, 2019 | 11:00 AM – Noon

Description: Do you want to gain more control over your eating? Do you find yourself repeating the same patterns over and over? Mindfulness applied to eating can help you focus on the present moment, and recognize and change unhealthy eating habits. In this webinar, you'll learn the techniques and strategies of mindful eating behavior. You'll have the opportunity to practice a mindful eating exercise and gain the tools to make healthier choices.

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, 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, 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

