

# EAP MONTHLY UPDATE

## WELCOME TO THE EAP MONTHLY UPDATE - MAY 2020

Our mental and emotional health influences how we handle emotions, deal with stress, and manage life's setbacks and challenges. Caring for our mental health is a matter of balancing all areas of our lives and learning how to manage emotional triggers. Search this month for tips on how to boost your mental health and increase your self-awareness. Learn more about mental health topics at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

Your new EAP website is live and features a user-friendly browsing experience that allows you to quickly see all the programs and services available to you and your eligible dependents at no cost, 24/7/365.

## MONTHLY ARTICLE

### Managing Emotional Well-being

Are you in control of your emotions or are they controlling you? In this article, you'll learn the keys to self-awareness and gain a better understanding of the people, situations, and circumstances that tend to stir up intense emotions. Emotional triggers from trauma and past events don't have to haunt you forever once you learn to take a step back, pay attention to your self-talk, accept feedback from others, and stay connected with positive people.

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



## EAP FEATURED BENEFIT

### Messaging Therapy

Employee Assistance Program offers confidential messaging therapy at no cost to you. Messaging therapy enables you to send a message to a licensed therapist anytime via your web browser or mobile app. Whether you have family or relationship issues, anxiety or depression, addiction and substance abuse, PTSD (Post Traumatic Stress Disorder) or other concerns, messaging therapy is secure and convenient.

Visit [eap.calhr.ca.gov/home-page.aspx](http://eap.calhr.ca.gov/home-page.aspx) to learn more about EAP's messaging therapy services.



# MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH



Millions of Americans live with mental illness, but stigma prevents many people from getting the help they need and deserve. National Mental Health Awareness Month raises awareness of mental health issues with the goal to fight stigma, educate the public, and provide support and advocacy for people with mental illness and their families.

## MIND YOUR MENTAL HEALTH

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This month, mental health organizations throughout the nation highlight the significance of mental health as part of one's overall sense of well-being.

- 1. Mental health is vital to well-being.** While it's more common to focus on our physical well-being—including the food we eat, our exercise levels and getting check-ups for vision and dental care—we may forget our psychological and emotional conditions.
- 2. Stigma has no place.** Mental health disorders impact people of every age, race, gender and social status. Just as with medical illnesses like heart disease or diabetes, there should be no shame in admitting to mental health problems and seeking help.
- 3. Treatment makes a difference.** Reaching out for assistance can greatly help improve life for a person coping with a mental health or substance misuse problem.

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](https://MagellanHealth.com/MYMH)

## MAY AND JUNE LIVE WEBINARS

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### 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.

### 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.

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](http://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](http://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.

## UPCOMING EVENTS

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**All Spring 2020 Free EAP Statewide Orientations and Workshops  
have been canceled.**

### EMPLOYEE ASSISTANCE PROGRAM

1-866-EAP-4SOC

[eap.calhr.ca.gov](http://eap.calhr.ca.gov)



CALIFORNIA DEPARTMENT OF HUMAN RESOURCES