

EAP MONTHLY UPDATE

JANUARY 2021

Welcome to the EAP Monthly Update!

At times, we all may feel anxious or under stress when there is a change in our daily routine or at work, or when we start a new phase of life. Change isn't easy even when it's something we want. It's important to take care of our mental and emotional health in order to manage change effectively. Look this month for tips on ways to cope with change and build emotional regulation skills at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Coping With Change

We've all heard the sayings "Better the devil you know than the devil you don't" and "if it ain't broke, don't fix it." The fact is, most people don't like change, whether it's in their personal lives or at work. We're creatures of habit and routine. Change can jolt us in uncomfortable ways, even if the change is a positive one. However, there are ways to successfully manage change and turn it into an opportunity for growth. Read the article on "Coping with Change" at calhr.ca.gov/employees/Pages/eap-articles.aspx.



EAP FEATURED BENEFIT:

Tele-EAP Coaching

Have you ever felt you could use a coach to help you with stress reduction, time management, or assist you to work on some personal goals? Talking with a professional coach on the phone or on a video call can motivate you and result in better life balance, increased confidence, and less stress in your life. Tele-EAP coaching services are free and confidential for you and your eligible family members, and are available from the comfort and privacy of your own home.



Visit eap.calhr.ca.gov/home-page.aspx to learn more about Tele-EAP Coaching.

January is National Healthy Weight Awareness Month

Achieving and maintaining a healthy weight has physical and psychological benefits, including lowered risk of some cancers, heart disease, high blood pressure, and higher energy levels.

However, a positive body image is also important for self-esteem and for achieving your goals, no matter what the scale says today.



MIND YOUR MENTAL HEALTH

National Get Organized Month

Many people don't realize how much energy and focus they lose when they're disorganized at work or at home. To keep a disorganized home or workspace from draining you:

- **Assess your spaces.** When you enter your work or leisure spaces, do they make you feel good and ready to achieve? Or, do they feel stale and burdensome? If it's the latter, schedule time-limited get-organized efforts.
- **Categorize the clutter.** Starting one zone at a time, sort items into categories such as trash, keep, donate, recycle, undecided and sell. Store "keepers" in clearly labeled bins, boxes and other such containers. Give donation items to charities or thrift stores, take loads to recycle centers, and organize a garage sale.
- **Get a fresh start.** Straighten your work spaces at day's end so you can start fresh tomorrow. Longer term, completely rearrange your physical spaces periodically; this will refresh your thinking and creativity!

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

JANUARY AND FEBRUARY LIVE WEBINARS

January

Challenges of a Post-Quarantine Workplace: Adapting to the "Next Normal"

Wednesday, January 13, 2021 | 11:00 a.m. – 12:00 p.m.

Description: The pandemic changed our lives dramatically, with no clear end in sight. In this webinar, you'll gain an understanding of where we've been and the pandemic's effect on us. You'll learn how to better cope and adapt to the "new normal" and receive information on helpful skills and practices for successful transitions.

February

Mental Skills Bootcamp: Performing at Your Best!

Wednesday, February 10, 2021 | 11:00 a.m. – 12:00 p.m.

Description: What's holding you back from being your best self? In this webinar, you'll learn how to develop a growth mindset, maintain motivation, and overcome obstacles to achieving your personal and professional goals. Explore how to identify and leverage your strengths and the strengths of others and make 2021 your greatest year yet.

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.