



## MIND YOUR MENTAL HEALTH

### February includes National School Counseling Week

Observed in the first week of February, National School Counseling Week aims to focus public attention on the unique contribution of school counselors within U.S. school systems. The observance acknowledges counselors for partnering with parents in addressing the challenges of raising children in today's world.

- **Talk with your child.** If you think your child might be suffering the effects of stress, anxiety or depression, make time to talk with them. Ask questions about how they're feeling. Express your love and support.
- **Nurture their well-being.** Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods and get enough sleep.
- **Seek help if needed.** It's normal for a child to be moody or sad occasionally. However, if these feelings last for weeks or months, depression may be the cause. Talk to your child's pediatrician or a counselor.

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: [MagellanHealthcare.com/About/MYMH](https://MagellanHealthcare.com/About/MYMH)

## FEBRUARY AND MARCH LIVE WEBINARS

**New webinars!** In addition to EAP webinars, monthly Work-Life webinars are now available. For more information on the webinar topics and how to register, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). In the Explore Services carousel, click on the "Work-Life Services" icon.

### 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](https://eap.calhr.ca.gov). In the Explore Services carousel, click on the "Webinars and Workshops" icon. On this page, scroll down and click on "Learn More" in the 2021 Live Webinars section and then click on title of webinar you would like to attend.*

*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](https://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.*

### March

#### Employee Webinar - Financial Planning in Uncertain Times

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

**Description:** The ups and downs of the market can understandably make investors nervous in these uncertain times. In this webinar, you'll learn how to manage volatility, take advantage of taxes, and create an emergency plan. Finally, you'll create an exit strategy that outlives you and gives you peace of mind today.

#### Manager Webinar - Leading Powerfully During Change and Uncertainty

Wednesday, March 24, 2021 | 11:00 a.m. – 12:00 p.m.

**Description:** Change is necessary to improve and grow. In this webinar, you'll understand essential differences between change and transition and identify the most important aspects of leadership during trying/changing times. Finally, you'll explore strategies for motivating and engaging employees through times of uncertainty and commit to your own practice of stress management and self-care while managing the challenges of leading others.