

EAP MONTHLY UPDATE

FEBRUARY 2021

Welcome to the EAP Monthly Update!

Many factors influence our mental and emotional wellness, such as the quality of our close relationships, our physical health, social connections, financial issues, our ability to manage stress, and satisfaction with work. People who are emotionally healthy have fewer negative emotions even in uncertain times, forgive themselves for their shortcomings, and are able to bounce back faster from adversity. Look this month for tips to improve your mental wellness and resilience and practice self-compassion at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Improving Your Mental Wellness

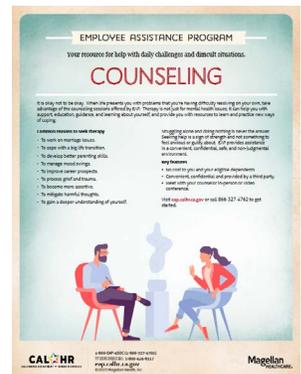
How you feel affects your relationships with others at home and work, your ability to achieve your goals, and your overall mental and emotional health. Research in “Blue Zone” communities around the world suggests that people who are happiest and live the longest share common characteristics, and it isn’t just about healthy diet and exercise. Mental and emotional wellness and social connections play an important role, along with other factors. Read the article on how you can improve your mental wellness at calhr.ca.gov/employees/Pages/eap-articles.aspx.



EAP FEATURED BENEFIT:

Counseling

At times we all face challenges in life, but sometimes those challenges are serious enough to disrupt our lives at home or in the workplace. Your EAP offers free, confidential counseling to help you resolve whatever issues you’re facing and find the resources you need. Counseling sessions are available with experienced therapists by phone, video visit, or in-person. There’s no need to struggle alone. Visit eap.calhr.ca.gov to learn more about EAP counseling available to you and eligible family members.



February is American Heart Month

Did you know that heart disease is a leading cause of death for men and women in the United States? American Heart Month is a reminder that there are steps you can take to lower your risk of heart disease and improve your quality of life.



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

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. 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. 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. 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.