

# EMPLOYEE ASSISTANCE PROGRAM

## 2021 LIFECARE WEBINAR CALENDAR

To register for the monthly webinars, visit the Work-Life Services program tile on your EAP website and click on the link to "Visit the LifeCare Resource Center."

### JANUARY

#### Living a Healthy Life

**Tuesday, January 26**  
**10:00 a.m. – 11:00 a.m.**

Learn tips on how to maintain a healthy lifestyle by reducing stress, better managing responsibilities and getting proper nutrition and exercise. This webinar will discuss the benefits of a healthy lifestyle, healthy eating and exercise tips, recognizing and reducing stress, the importance of a good night's sleep, and the power of positive thinking.

### MARCH

#### Managing Fear & Anxiety

**Tuesday, March 23**  
**10:00 a.m. – 11:00 a.m.**

Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs of the world today. Pretending that these thoughts and fears do not exist, or are not that bad, can make them worse. In this webinar, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable to get you through these challenging times.

### FEBRUARY

#### Relaxation Techniques

**Tuesday, February 23**  
**10:00 a.m. – 11:00 a.m.**

This webinar will teach relaxation exercises that reduce tension and stress. You will better understand stress and how it affects the body, learn the benefits of relaxation practices, and introduce stress management techniques.

### APRIL

#### Mindfulness Meditation

**Tuesday, April 27**  
**10:00 a.m. – 11:00 a.m.**

In this webinar, we will explore what mindful meditation is and isn't, identify the benefits, discuss data that supports mindful meditation, and have an opportunity to experience it.



## MAY

### Resiliency: Bounce Back Stronger

Tuesday, May 25  
10:00 a.m. – 11:00 a.m.

No matter what life throws at us, we can always learn tips and techniques to use daily to become more resilient. You will leave this webinar feeling empowered with the knowledge of what steps to take to become more resilient.

---

## JUNE

### Eating for High Energy

Tuesday, June 22  
10:00 a.m. – 11:00 a.m.

This webinar offers tips for using food and natural resources to energize you, explores the benefits of healthy eating choices and identifies best foods. We will explore power snacks and calories, the benefits of exercise, and offer great meal suggestions.

---

## JULY

### Gratitude

Tuesday, July 27  
10:00 a.m. – 11:00 a.m.

Learn the science behind gratitude and how it can help to increase the meaningful relationships in all areas of your life. The newest research empowers individuals to incorporate gratitude both at work and home. This webinar will offer tips to help you do that.

---

## AUGUST

### Get Organized

Tuesday, August 24  
10:00 a.m. – 11:00 a.m.

If you need help getting organized, this webinar is for you. We'll explore the benefits of being organized, the downside of lax organization, and your own organizational quotient.

---

## SEPTEMBER

### Maximize Your Time

Tuesday, September 28  
10:00 a.m. – 11:00 a.m.

Time management and organizational skills are critical to successfully balancing work, life, and family. You will learn strategies and tips for organizing and managing that will make a critical difference in the quality of your work and life.

---

## OCTOBER

### Find Your Balance

Tuesday, October 26  
10:00 a.m. – 11:00 a.m.

This webinar provides strategies to successfully manage your work and personal responsibilities. We will discuss causes of work-life stress, assessing goals and priorities, and managing personal and professional responsibilities.

---

## NOVEMBER

### Be Positive

Tuesday, November 23  
10:00 a.m. – 11:00 a.m.

Today, scientists understand how attitude can impact our behavior, experiences, and relationships. In this webinar, we will discuss our ability to benefit from the power of positive thinking by making changes in our thought process and perspective.

---

## DECEMBER

### New Year's Resolutions

Tuesday, December 28  
10:00 a.m. – 11:00 a.m.

Join us for a fact-filled webinar about resolutions that, when done properly, can truly change our lives. This class offers help, encouragement, and guidance on how to reach your goals for the new year.