

EAP MONTHLY UPDATE

APRIL 2021

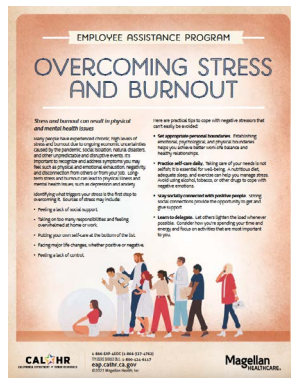
Welcome to the EAP Monthly Update!

During difficult times, we may feel stuck in a cycle of negative thinking and feel overwhelmed by life's challenges. After all the disruptions that people have endured throughout the pandemic, it's no wonder many are struggling with feelings of stress, burnout, isolation, and loneliness. Social support, healthy habits, and self-care are more important now than ever. Look this month for practical tips on overcoming stress and burnout and letting go of painful emotions at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Overcoming Stress and Burnout

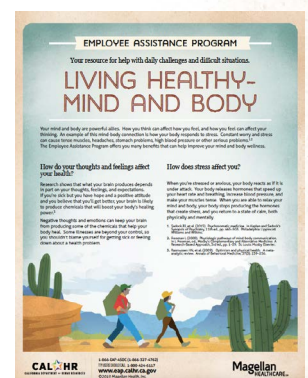
Are you feeling overwhelmed and exhausted at work and/or home? Are you facing major life changes that keep you awake at night? Long-term stress can cause burnout and seriously impact your mental and physical health. In this month's article, you'll learn how to identify your sources of stress, understand the warning signs and symptoms of chronic negative stress and burnout, and explore tips and strategies to manage stressors and improve your quality of life. Read the article on "Overcoming Stress and Burnout" at calhr.ca.gov/employees/Pages/eap-articles.aspx.



EAP FEATURED BENEFIT:

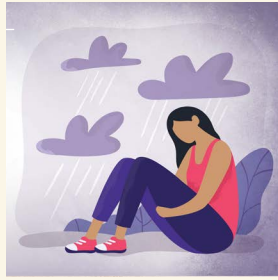
Living Healthy – Mind and Body

When you have support and encouragement from others, it can be easier to achieve your personal goals for emotional and physical health. Are you interested in eating better, exercising more, getting restful sleep, and improving your emotional health? EAP offers help and motivation from health coaches and peers, as well as articles and informative content about fitness, nutrition, stress management, and more. Visit eap.calhr.ca.gov to learn more about EAP's "Living Healthy – Mind and Body."



April is National Stress Awareness Month

Stress Awareness Month is a national campaign to raise public awareness about the causes and signs of stress. While some stress can actually be beneficial and motivating, too much can be detrimental to your emotional and physical health. Finding a healthy balance is key.



MIND YOUR MENTAL HEALTH

Stress Awareness Month aims to educate Americans about the prevalence and seriousness of stress, while highlighting helpful coping strategies.

- Did you know? Seventy-seven percent of Americans say stress affects their physical health. Three out of four doctor visits are for stress-related ailments. Studies have linked stress to heart disease, asthma, diabetes, obesity, gastrointestinal problems, depression and accelerated aging.
- Keep a journal to track stressors. Writing about what is generating your stress, then brainstorming for solutions, can empower you to reduce stress and anxiety.
- Meditate mindfully to minimize chaos. Take quiet time to yourself, sit comfortably and breathe deeply. Ground yourself in the present and try to clear your mind of extraneous worries.
- Get help through your program. If you believe stress is harming your health, but you've been avoiding taking action, visit your member website for helpful resources.

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 [MagellanHealthcare.com/About/MYMH](https://www.magellanhealthcare.com/About/MYMH) or call your program for confidential mental health resources.

APRIL AND MAY LIVE WEBINARS

April

Overcoming Stress and Burnout

Wednesday, April 14, 2021 | 11:00 a.m. – 12:00 p.m.

Description: Stress and burnout can seriously impact your quality of life. In this webinar, you'll learn the difference between stress and burnout and how to identify the causes and the signs and symptoms. You'll explore lifestyle changes and coping strategies that can help you manage stress and take regular steps to avoid burnout.

May

Helping Your Teen Learn Emotional Regulation

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

Description: Do you get frustrated or perplexed by your teen's behavior? In this webinar you'll discover how the teenage brain is different than any other point in development. You'll learn how to better engage with your teen without conflict, how to teach emotional regulation by example, and when you should seek professional help.

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.