

# EAP MONTHLY UPDATE

## JULY 2020

## Welcome to the EAP Monthly Update!

The first half of this year has been tough for many people. Between lengthy school and business closures, self-isolation, and other changes brought about by the COVID-19 pandemic, it is no surprise that many of us feel overwhelmed and uncertain about the future. Adjusting to the “new normal” is a process that can look different for most people but change is a common theme and an increase in stress typically is present. This month we’re focusing on strategies for coping with stress, including the use of meditation as a way to relax and release tension. Supportive relationships with others are also important for good mental health. Learn more about stress management at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

Your free access to Whil, a leading digital solution to help individuals reduce stress, increase resilience, and improve mental well-being, sleep, and performance sponsored by our EAP provider, Magellan, was extended through July 31, 2020. Access Whil directly at: [connect.whil.com/sponsor/California](http://connect.whil.com/sponsor/California). You may register with your work e-mail address, or any personal e-mail address, to use the program during this free access period.

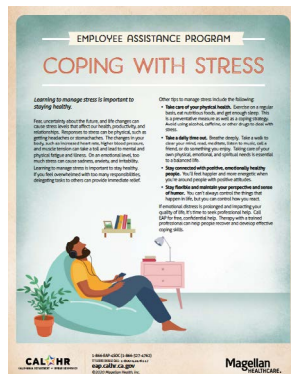
Effective July 1, 2020, EAP eligibility for dependent children (natural, adopted, or stepchildren) has changed from age 23 to age 26.

### MONTHLY ARTICLE:

#### Coping with Stress

Learning to manage stress is critical for your emotional, psychological, and physical health. When stress becomes too overwhelming, it can negatively impact your quality of life and even make you sick. In this article you’ll learn tips to effectively manage stress and maintain balance, even when you’re going through difficult times. We can’t always control the things that happen to us, but we can control how we react.

Visit [calhr.ca.gov/employees/Pages/eap-articles.aspx](http://calhr.ca.gov/employees/Pages/eap-articles.aspx) to read the article.

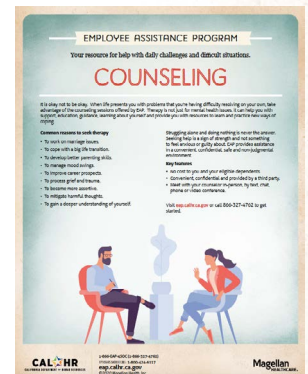


### EAP FEATURED BENEFIT:

#### Messaging Therapy 2.0

Starting on July 1, 2020, you will have access to BetterHelp, the largest online counseling platform worldwide featuring the most robust provider network with 5,000+ therapists in all 50 states and 500,000+ people counseled. BetterHelp will replace the current messaging therapy service, Talkspace.

Counseling is available anytime, anywhere, to users ages 13+ (with parental consent) through a computer, tablet or smartphone for the entire family – including individuals, couples and teens. BetterHelp providers offer four modalities for users to access counseling services: text message, phone, video or live chat. Sessions are highly individualized and last about 30-60 minutes. Visit [eap.calhr.ca.gov/home-page.aspx](http://eap.calhr.ca.gov/home-page.aspx) to learn more about BetterHelp.



## July is Social Wellness Month

Strong social connections are not only good for us emotionally, they can have a positive impact on our physical health and psychological well-being. People can boost their mental health, happiness, and quality of life through meaningful relationships at home, work, and in the community. Social Wellness Month is a reminder of the importance of cultivating social wellness and maintaining connections with others, even as life has changed for many due to the COVID-19 pandemic.



## MIND YOUR MENTAL HEALTH

July is National Make a Difference to Children Month! Think back to your childhood -- who are the adults you remember who made a positive difference to you -- a teacher, neighbor, someone at your place of worship, a relative? Could you be that kind of adult who makes a positive difference to a child today? If there are children in your life, consider these simple steps.

- 1. Be fully present.** Enjoy your next meal with a child sitting down at a table without electronics.
- 2. Listen well.** If you notice a child having a bad day, do something simple together like a walk, bike ride, a craft or playing catch. Encourage them to express their thoughts.
- 3. Don't avoid stressors.** If a child is anxious, rather than trying to ignore or remove what's causing the anxiety, talk to the child about the feared situations and develop coping tactics together.
- 4. Be reassuring.** Let a child know that it's normal to sometimes feel angry, scared, worried or tense—and that other people (including you) share those feelings. Tell them you're confident they can conquer a challenging situation with some basic problem solving.

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](https://MagellanHealth.com/MYMH)

## JULY AND AUGUST LIVE WEBINARS

### July

#### A Stress Relief Toolkit – Tips and Tools for Managing Stress

Wednesday, July 8, 2020 | 11:00 a.m. – 12:00 p.m.

**Description:** In this webinar, you'll learn how to shift your mindset around stress and understand how to work with your body's alert system. You'll also practice changing your internal conversation, and create practices and rituals you can use every day to regulate stress.

### August

#### Improve Your Credit

Wednesday, August 12, 2020 | 11:00 a.m. – 12:00 p.m.

**Description:** Do you know what a FICO score is and why it's important? What are your options to improve your credit rating? In this webinar you'll learn about credit restoration, debt rebalancing, the key steps to rebuild your credit, and how to repair credit after bankruptcy.

*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). 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](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.*