

# EAP MONTHLY UPDATE

MAY 2021

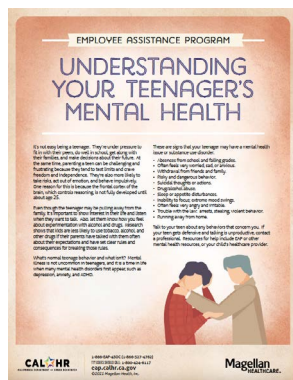
## Welcome to the EAP Monthly Update!

Raising a teenager can be hard, but being a teenager is hard too. If you're the parent of a teen, it's important to maintain your sense of humor and remember that these years will pass by more quickly than you think. As author Sue Atkins once said, "There is no such thing as a perfect parent. So just be a real one." Look this month for information on different parenting styles and understanding your teenager's mental health at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

### MONTHLY ARTICLE:

#### Understanding Your Teenager's Mental Health

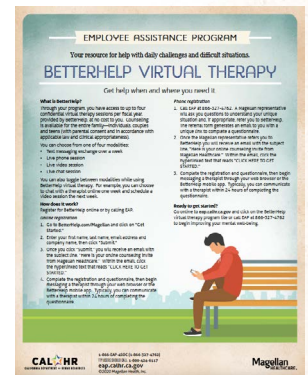
The teenage years are a time of many challenges and changes for young people - physical, emotional, and intellectual – as they transition from childhood into young adulthood. For parents and teens, these years may be turbulent, and it's not always easy to know what's normal and what's not. In this article you'll learn why teenagers sometimes act impulsively, the signs that indicate your teenager may have a mental health issue, and where to go for help. Read the article on "Understanding Your Teenager's Mental Health" at [calhr.ca.gov/employees/Pages/eap-articles.aspx](http://calhr.ca.gov/employees/Pages/eap-articles.aspx).



### EAP FEATURED BENEFIT:

#### BetterHelp Virtual Therapy

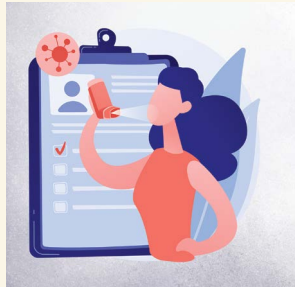
Do you want help to work through an issue but you'd be more comfortable talking to a counselor on the phone or online? BetterHelp Virtual Therapy gives you the option to speak to a mental health professional via text messaging, a live phone session, live chat, or live video. Up to four free and confidential counseling sessions per fiscal year are available for you and eligible family members.



Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) to learn more about BetterHelp Virtual Therapy and register today!

## May is National Mental Health Month

National Mental Health Month is a campaign to raise public awareness of the importance of good mental health, reduce the stigma of mental illness, and to celebrate recovery. Millions of Americans have mental health disorders, but with treatment and support, can live full and productive lives.



Visit the MYMH web page to learn more:  
[MagellanHealthcare.com/About/MYMH](https://MagellanHealthcare.com/About/MYMH)

## MIND YOUR MENTAL HEALTH

### May is Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. This health observance highlights the importance of mental health and wellness.

- **Get your body moving.** When you exercise, you release endorphins that trigger positive feelings and increase emotional well-being. It can be as simple as a short walk a few days a week.
- **Surround yourself with supportive people.** Your way of thinking is influenced by those around you. Find people who make you feel good about yourself.
- **Put your needs first.** Make sure to take care of yourself so that you can be there for others.
- **Cut out bad habits.** Look at your lifestyle. If you see habits that don't work well for you, come up with a plan to stop them. Consider whether short-term gratification is worth the long-term consequences.

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.

## MAY AND JUNE LIVE WEBINARS

### 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](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 the 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.*

### June

#### Employee Webinar – 3 Secrets to Having Your Best Relationship Wednesday, June 9, 2021 | 11:00 a.m. – 12:00 p.m.

**Description:** Good communication is the key to a happy, healthy, and stable relationship. Do you want to feel closer to your partner and strengthen your emotional bond? In this webinar you'll learn different ways to communicate with your partner more effectively, deescalate arguments, and increase the intimacy in your relationship.

#### Manager Webinar – Best Practices for Managing Remote Employees Wednesday, June 23, 2021 | 11:00 a.m. – 12:00 p.m.

**Description:** Supervising staff who work at remote locations can pose a unique set of circumstances. This webinar will examine the "Fast Forward" pandemic experience of the remote workforce – pre, post and current state, and discuss benefits and challenges of working remotely. We will share best practices and helpful management guidelines for providing support, identifying, and responding to employee concerns.