

EAP MONTHLY UPDATE

AUGUST 2021

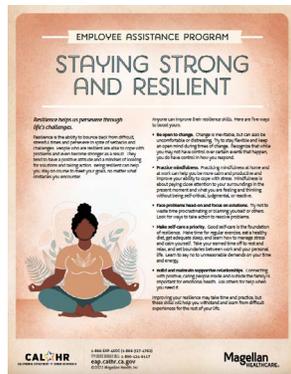
Welcome to the EAP Monthly Update!

Resilience, the ability to adapt during difficult times, does not depend on your age, income, or gender. It is also a key life skill that many of us were not taught as children. The good news is, anyone can learn to develop the skills and character strengths that will help them cope with trauma and misfortune. Supportive relationships and good self-care are at the foundation of resilience. Look this month for information on the importance of social connections and ways to increase your resilience at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Staying Strong and Resilient

We all face setbacks in life. But being resilient can help you bounce back more quickly from adversity and look upon negative events as challenges rather than hardships. Being resilient doesn't mean you won't experience emotional distress, but rather, it means being able to face problems and take decisive action with confidence in your own knowledge and abilities. In this article, you'll learn tips to build your resilience skills and learn ways to empower yourself.



Read the article on "Staying Strong and Resilient" at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Work-Life Services

Do you need help balancing your busy work schedule and personal life? Work-life services are available to help you and your family members find practical solutions to difficult situations and the daily challenges you face throughout all life stages. From caring for children to retirement planning, the EAP offers you and your eligible family members confidential, no-cost assistance anytime a week, online and telephonically.



Visit eap.calhr.ca.gov to learn more about EAP's Work-Life Services.

National Friendship Day

Sunday, August 1 is National Friendship Day, a reminder of how important friendships are to our mental and emotional health. Friends can help you cope with stressful situations and push you to be your best. Take time to contact your friends and tell them how much you appreciate them.



Visit the MYMH web page to learn more:
MagellanHealth.com/MYMH

MIND YOUR MENTAL HEALTH

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.

Celebrate Friendship Day in August

The first Sunday in August (8/1 this year) is International Friendship Day—a day to celebrate both the old and the new friends in our lives. You might:

- Take some time to consider and appreciate those people who have stood by you during tough times.
- Accept an invitation to meet new people. You could make lifelong friendships that you didn't foresee.
- Reach out to your friends with a simple gesture of kindness such as a friendly text, email, phone call, flowers or a card.
- When communicating with old friends, share a memory of a past mutual experience that might spark a lively conversation and some welcome laughs today.
- It's easy to get so busy in life that we neglect our friendships. Remember to periodically express your admiration of and support for your valued companions—whether they're near or far.

AUGUST AND SEPTEMBER LIVE WEBINARS

August

Employee Webinar – Strategies to Navigate Stress and Build Resilience

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

Description: During difficult and challenging times, finding ways to manage stress and build resilience will help you maintain emotional and physical well-being. In this webinar, you'll explore how to manage counterproductive thinking and rethink stress, practice mindfulness techniques on a daily basis, and learn to be more optimistic.

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 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. 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.

September

Employee Webinar – Supporting Others through Their Mental Health and Substance Use Concerns

Wednesday, September 8, 2021 | 11:00 a.m. – 12:00 p.m.

Description: Most Americans either know someone with a mental health or substance use issue or have experienced it themselves. In this webinar you'll learn how to respond and support individuals going through a challenging time and know when it's a crisis and/or time for professional intervention. Participants will also receive helpful resources and self-care strategies.

Manager Webinar – Cultivating Civility in Your Company Culture

Wednesday, September 22, 2021 | 11:00 a.m. – 12:00 p.m.

Description: A civil work environment promotes productivity and teamwork. In this webinar, you'll learn what workplace civility is and what it is not, and understand the negative impact of incivility in the workplace and on employees. You'll recognize the value of promoting a positive and civil work environment with your team and within your company. promote a climate of civility – starting with yourself.