

EAP MONTHLY UPDATE

NOVEMBER 2021

Welcome to the EAP Monthly Update!

Money is a top cause of stress for many Americans and worrying about finances can result in poor emotional and physical health and put a strain on your relationships. Financial hardships may be the result of poor choices or circumstances beyond your control, but there are ways to get back on track and live more frugally. Look this month for tips for thrifty living and information on improving your financial situation at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Overcoming Financial Setbacks

Many people experience a financial setback at some point in their lives, whether it's a pay cut, job loss, or a large, unexpected expense. While it can be scary and stressful, it's possible to make a comeback and get your financial house back in order. It's important to stay calm, focus on your financial goals, review your options, and act based on facts instead of emotion. In this article you'll learn the importance of giving yourself time to recover emotionally, and financially, and surrounding yourself with supportive people.



Read the article on "Overcoming Financial Setbacks" in the What's Trending section at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Retirement Services

Are you approaching retirement age soon or still have years left to work? There are many things to think about and it's never too early to start planning. EAP's Retirement Services offer financial and lifestyle consultations, community resources, and a variety of online tools and resources to help you prepare financially and emotionally for this next stage of life. If you're struggling with emotional challenges during the transition to retirement age, counseling services are available from licensed professionals.



Learn more at magellanascend.com/media/3810/eap-core-flyer-retirement-services-cl.pdf.

American Diabetes Month

Millions of Americans have been diagnosed with diabetes, and it is the most common chronic condition in school-age youth. American Diabetes Month raises awareness of this disease, the importance of disease management for adults and children, and lifestyle changes that can reduce the risk factors for Type 2 diabetes.



Visit the MYMH web page to learn more:
[Magellanhealthcare.com/about/bh-resources/mymh](https://magellanhealthcare.com/about/bh-resources/mymh)

MIND YOUR MENTAL HEALTH

November is National Family Caregivers Month

This is a time to celebrate the contributions of family caregivers and provide them with the tools and support they need to keep themselves and their care recipients healthy.

- Many family caregivers also work outside the home, often experiencing conflicts between competing responsibilities. When talking with a caregiver, listen non-judgmentally and show compassion.
- The stress and daily challenges of caregiving can have a major impact on a caregiver's mental health, leading to depression, anxiety, substance misuse and stress disorders.
- Research shows that caregiving responsibilities also take a significant physical and financial toll on caregivers.
- During the busy holiday season and beyond, offer a caregiver your help with specific tasks. Encourage them to ask for and accept assistance rather than trying to do everything themselves.

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.

NOVEMBER AND DECEMBER LIVE WEBINARS

November

Overcoming Financial Pitfalls

Wednesday, November 10, 2021 | 11:00 a.m. – 12:00 p.m.

Description: Don't let financial pitfalls derail your planning and goals! In this webinar you'll learn to identify and avoid common money mistakes and build a well-rounded financial plan. You'll understand how to coordinate different financial areas of your life and manage the accumulation, distribution, and conservation phases of wealth.

Register here: magellanhealth.adobeconnect.com/ezi30o3iq7b0/event/registration.html

December

Increasing Your Movement for Better Emotional and Physical Health

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

Description: Did you know that exercise can enhance your mood, decrease blood pressure, reduce stress, boost your energy level, and help you sleep better? In this webinar you'll learn about the benefits of movement for mental and physical health, and how to get started. When you change your perspective, exercise becomes an activity you'll enjoy!

Register here: magellanhealth.adobeconnect.com/emy21mwwap96/event/registration.html

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.