

EAP MONTHLY UPDATE

JANUARY 2022

Welcome to the EAP Monthly Update!

The beginning of a New Year can inspire us to make a fresh start. Perhaps we'd like to make changes in our life, improve our relationships, manage our time more effectively, or make better choices about our physical or mental health. With planning, perseverance, and positive thinking, it's possible to accomplish the goals we set out to do. Look this month for tips on getting more organized and increasing your mental and physical well-being at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Building a Thriving Life

We all deal with challenges and struggles throughout life. Thriving is about being resilient and building a life of meaning and purpose and using our skills and talents. Author and journalist Po Bronson said that "People thrive by focusing on the question of who they really are and connecting that to work that they truly love." In this article you'll learn about the five pillars to build a thriving life, tips to banish negative thinking, and the importance of strong social connections.



Read the article on "Building a Thriving Life" in the What's Trending section at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Counseling

Are you struggling with an issue that's impacting your happiness or quality of life? Perhaps it's a marital or family conflict, a major life change, grief or trauma, caregiver stress, or another concern. Your EAP offers free, confidential counseling to you and your eligible dependents in a safe, non-judgmental environment. No problem is too big or too small. You can meet with your counselor in-person or via video call at times convenient to you.



Learn more at soceap.magellanascend.com/media/3805/eap-core-flyer-counseling-cl.pdf.

National Get Organized Month

Are you tired of spending time searching for important things you've misplaced? Getting better organized can decrease stress and bring you peace of mind. The New Year is a great time to take control of your life by decluttering your home and workspace and simplifying your surroundings.



MIND YOUR MENTAL HEALTH

January is National Get Organized Month

Studies show that people waste up to an hour every day, on average, searching for things that they've misplaced. The new calendar year is a good time to enhance your organization skills, so your life runs more smoothly.

- Begin by assessing areas where you spend most of your time. Do your work and/or leisure spaces feel stale and burdensome to you? Target them first for clutter cutting.
- Set up clearly labeled bins, boxes, jars, and other such containers. Keep frequently used items close by in labeled containers and stow rarely used items away in labeled containers.
- Work hard to discard. Don't hesitate to recycle, donate, shred, or sell items you're not using.
- Make a habit of placing commonly used objects like your keys, phone, purse, wallet, and sunglasses in one place only. This will help eliminate panicked, last-minute scrambles.

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:
Magellanhealthcare.com/about/bh-resources/mymh

JANUARY AND FEBRUARY LIVE WEBINARS

January

Your Program: Benefits to Help You Lead a Thriving Life

Wednesday, January 12, 2022 | 11:00 – 11:45 a.m.

Description: Do you know what to expect when you contact your EAP or the wide range of benefits available to you and your family members? In this webinar you'll learn how to access the many benefits your EAP offers, including online resources, tools, and services that can help you lead your best life.

Register here: magellanhealth.adobeconnect.com/elz4zikisqp1/event/registration.html

February

Social Status: Keeping a Safe and Healthy Relationship with Social Media

Wednesday, February 9, 2022 | 11:00 – 11:45 a.m.

Description: Why do we see specific content in our social media feeds? Is too much social media bad for our mental health? You'll learn about the algorithms used to target ads and content to specific audiences, how to identify reliable, verified information, and when it might be time to take a break from social media.

Register here: magellanhealth.adobeconnect.com/eg0uqff7olfa/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 2022 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.