

EAP MONTHLY UPDATE

FEBRUARY 2022

Welcome to the EAP Monthly Update!

The Internet and social media can help us stay connected with others, learn how to improve our health and quality of life, and expand our knowledge on an endless number of topics. However, social media can also spread lies and misinformation and trigger feelings of depression, isolation, and anxiety, particularly in adolescents. Look this month for tips on protecting your kids from the harmful aspects of social media as well as ways to stay healthy at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Becoming Social Media Savvy

Are you concerned about which social media platforms and apps are safe for your kids and whether you should monitor or limit their use? Social media can help kids stay connected with friends and family, interact with other kids who share similar interests, and even enhance their creativity with the opportunity to share ideas, music, and art. However, the flipside is that social media can expose kids to cyberbullying, online predators, and unsafe activities. In this article you'll learn ways to protect your children from cyberbullying and harmful online content. Read the article on "Becoming Social Media Savvy" in the What's Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Identity Theft Resolution

Millions of credit card numbers and other forms of personal information are stolen from individuals and businesses every year. Unfortunately, identity theft is one of the fastest growing crimes in the country and can wreak havoc with people's finances and credit rating. While it's impossible to eliminate all risk, safeguarding personal information can reduce your chances of becoming a victim. EAP's identity theft resolution service provides guidance on how to prevent identity theft and the steps to restore your credit if you have an issue. Learn more at soeap.magellanascent.com/media/3967/eap-core-flyer-identity-theft-june-2021-cl.pdf.



National Cancer Prevention Month



There are more than 100 different kinds of cancer, and nearly 2 million Americans will be diagnosed with cancer this year. However, prevention and early detection can help reduce your risks of developing certain cancers. Learn about lifestyle changes that can make a difference and help you stay healthy.

MIND YOUR MENTAL HEALTH

February is National Cancer Prevention Month

The stress that comes with a cancer diagnosis can be overwhelming. One in three people with cancer experience mental or emotional distress. Learn more about the role of mental health in helping cancer patients and caregivers with a cancer diagnosis.

- Access social and emotional support by joining a cancer support community.
- Manage stress by practicing relaxation exercises such as muscle relaxation and controlled breathing.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to.
- Practice gratitude. Gratitude is linked to your sense of well-being, and it can boost the inner strength that helps you bounce back.

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

FEBRUARY AND MARCH LIVE WEBINARS

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.

March

Employee Webinar - Getting Started and Sticking to Your Goal in Times of Uncertainty

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

Description: It's never too early to start planning for retirement, and the sooner you start saving, the better off you'll be. In this webinar you'll learn about the power of compounding, how to adjust your saving and spending plans as needed, and how to use goal-setting strategies to stay on track with your vision for retirement.

Manager Webinar - Your Program: Benefits to Support Managers

Wednesday, March 23, 2022 | 11:00 – 11:45 a.m.

Description: The Employee Assistance Program helps employees with personal concerns and also assists managers with issues in the workplace. In this webinar you'll learn about the components of the EAP and how to access the variety of resources, tools, and services that will help you support your staff and facilitate a positive, productive workplace.

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.