

EAP MONTHLY UPDATE

APRIL 2022

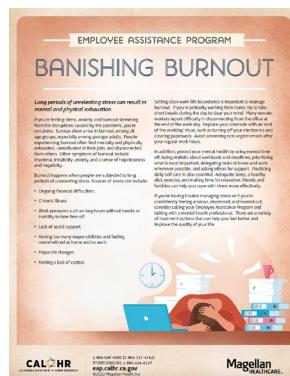
Welcome to the EAP Monthly Update!

We all experience difficulties and disappointments in life, and many events that happen to us are out of our control. However, we do have control over how we choose to respond and practicing our resilience skills can help us handle challenging situations. Resilience determines how we meet adversity, overcome obstacles, and grow from the lessons learned. When you have a positive view of yourself and confidence in your strengths and abilities, you can better withstand misfortune. Look this month for suggestions on enhancing resilience, coping with stress, and battling burnout at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Banishing Burnout

After nearly two years of enduring social and economic disruptions due to the pandemic, many people are experiencing high levels of stress and burnout. In fact, surveys show an alarming rise in burnout levels among all age groups, especially young adults. In this article, you'll learn about the signs and symptoms of burnout, its impact on your mental and physical health, and steps to take in managing the stressors that contribute to burnout at home or work.



Read the article on "Banishing Burnout" in the What's Trending section at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Legal Services

EAP offers legal consultation services to help you navigate a broad array of legal concerns and provide you with information and resources to organize your affairs. Attorneys can assist you with estate planning, family law, civil and consumer rights, personal property, taxes and audits, and document preparation, including wills, trusts, and estate protection. In addition, an expansive legal library offers educational content and hundreds of useful articles written by legal experts.



Learn more at soceap.magellanascend.com/media/3964/eap-core-flyer-legal-services-june-2021-cl.pdf.

COMING SOON! NEW EAP BENEFIT

Starting July 1, 2022, the EAP will include a new digital program for life, mind, and body. This new program is powered by NeuroFlow and will be available via app and website. NeuroFlow's platform will include Magellan Healthcare's award-winning digital cognitive behavioral therapy modules (DCBTs), as well as an easy way to find virtual and brick-and-mortar providers. The NeuroFlow app will replace our current digital mental well-being app, myStrength, on the EAP website on July 1, 2022. You will get more information about this change throughout the next few months.

National Stress Awareness Month

National Stress Awareness Month gives us the opportunity to focus on our mental, emotional, and physical health and well-being, and to reflect on how well we're managing stress in our lives. It's never too late to learn tips and techniques to calm the mind and body.



Visit MagellanHealthcare.com/about/bh-resources/mymh or call your program for confidential mental health resources.

MIND YOUR MENTAL HEALTH

April is Stress Awareness Month

Stress is a normal part of human existence. Good stress (eustress) pushes us to strive and achieve, but bad stress—particularly when it's severe and/or lasts a long time—is highly destructive to our health. Stress Awareness Month reminds us to act if we spot signs of unhealthy stress.

- Build in more balance. If you feel overly burdened by the daily slog, insist on making room for meaning in your life—via your family, friends, creative hobbies, or spiritual practice.
- Talk it out. When under stress, it's important to not self-isolate—despite the temptation to do so. Talk with someone who can listen and empathize with your situation. Sharing your struggle can help calm the nervous system and reduce stress.
- Aim to be active. While being active may not seem appealing when you're stressed, getting some regular exercise will boost your mind/body resilience.

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.

APRIL AND MAY LIVE WEBINARS

April

Overcome Exhaustion and Burnout

Wednesday, April 13, 2022 | 11:00 – 11:45 a.m.

Description: What are the mental and physical signs that you're doing too much and burning out? What are the root causes of your feelings of fatigue? In this webinar, you'll learn to recognize the symptoms of burnout and identify simple practices to help restore emotional health and well-being.

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.

May

Self-Care Enhancement and Enrichment

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

Description: Self-care is the key to good mental and physical health, but so often we neglect our own needs and put others' well-being ahead of our own. In this webinar, you'll learn techniques to achieve an improved mindset and mood and explore ways to increase your happiness and find purpose in life.