

EAP MONTHLY UPDATE

MAY 2022

Welcome to the EAP Monthly Update!

Having good mental health not only contributes to emotional happiness, it can also reduce the risk of serious physical problems such as heart attacks and stroke. Other benefits include increased self-esteem, better relationships, inner calm, an optimistic outlook on life, and reduced risk of anxiety and depression. Your mental state affects how you think and feel and influences your behavior and the choices you make. Look this month for information on the mind-body connection and tips on enhancing your mental, emotional, and physical well-being at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Enhancing Your Well-being

The author Sid Garza-Hillman said “Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.” Every aspect of life influences our well-being, from our personal relationships to our physical health. In this article you’ll learn ways to enhance your well-being by addressing your physical and social needs, appreciating the simple things in life, finding your purpose, and focusing on gratitude and positivity.



Read the article on “Enhancing Your Well-being” in the What’s Trending section at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Work-Life Services

Do you need help balancing your busy work schedule and personal life? EAP provides a range of Work-Life services to help you and your eligible family members find practical solutions to everyday challenges and difficult situations. From caring for children or elderly relatives to retirement planning, the EAP offers confidential, no-cost assistance anytime you need it, seven days a week, online and telephonically.



Learn more at <https://soceap.magellanascend.com/media/3815/eap-core-flyer-work-life-services-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 wellbeing app, myStrength, on the EAP website on July 1, 2022. You will get more information about this change throughout the next few months.

National Mental Health Month

Having good mental health helps us to face adversity and thrive even in difficult times. Psychological well-being is also linked to better health, improved quality of life, and longevity. Fortunately, there are practical actions we can take daily to maintain or improve our mental health.



Visit magellanhealthcare.com/about/bh-resources/mymh

MIND YOUR MENTAL HEALTH

May is Mental Health Awareness Month

This health observance strongly supports the idea that anyone affected by a mental health condition should be able to get the appropriate support and care they need to live a healthy, fulfilling life.

- Although some progress has been made, the stigma around mental health and treatment has long existed. Many people still hesitate to seek help or even talk about their mental health conditions with loved ones for fear of being judged and facing uninformed backlash.
- A great way to mark Mental Health Awareness Month is to talk about it. When you share insights and realities about mental health challenges, these conditions become more normalized and less mysterious. Take care of yourself and your loved ones. If you are struggling, reach out for the care you need. If a loved one is suffering, provide an ear to listen and/or a shoulder to cry on.

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.

MAY AND JUNE LIVE WEBINARS

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.

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.

June

Employee Webinar – When the Pot Boils – Help People Cool It

Wednesday, June 8, 2022 | 11:00 – 11:45 a.m.

Description: We all have different ways of thinking and dealing with conflict and disagreement. Understanding verbal and nonverbal cues can help us resolve issues more effectively and get along better with others. In this webinar, you'll practice strategies to deal with difficult people and heated situations, and recognize ways to cool yourself down.

Manager Webinar – Inspire and Motivate Your Team

Wednesday, June 22, 2022 | 11:00 – 11:45 a.m.

Description: Employees who are engaged and productive are the lifeblood of every organization. But what can managers do to motivate employees when times are tough? In this webinar, you'll learn to identify the warning signs of a disengaged team and explore ways to help team members become more self-aware and work better together.