

EAP MONTHLY UPDATE

JULY 2022

Welcome to the EAP Monthly Update!

Dr. David Agus, an American biomedical researcher and leading cancer expert, said “There’s no question that the mind-body connection is real, even if we can’t quantify it. Hope is one of the greatest weapons we have to fight disease.” In fact, there is mounting evidence for the role of the mind in disease and healing, and the power of our thoughts and beliefs to impact our health for better or worse. Look this month for information on the mind-body connection and resources to improve your emotional health at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Improving the Life-Mind-Body Connection

Because our physical health and emotional health are strongly connected, our thoughts and beliefs can influence our mental state, and so can our hormones and body chemistry. We all experience times when strong emotions, such as anger, fear, or distress, can make our heart race, cause an upset stomach, or trigger other physical responses. In this article, you’ll better understand the power of the mind-body connection and learn tips to strengthen your emotional health.



Read the article on “Improving the Life-Mind-Body Connection” in the What’s Trending section at eap.calhr.ca.gov.

EAP FEATURED BENEFIT:

Live on July 1st! Digital Emotional Well-being Program

Tap into an enhanced way to improve your wellness and manage challenging health conditions like anxiety, depression, chronic pain, and sleep problems. The new Digital Emotional Well-being Program, powered by NeuroFlow, is available via app and on the EAP website. The new program helps you track your mood, sleep, stress, and pain, plus integrate healthy activities into your daily routine as you progress. Visit eap.calhr.ca.gov and click on the “Digital Emotional Well-being” program tile to get started!



MIND YOUR MENTAL HEALTH

July is BIPOC Mental Health Awareness Month

Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month highlights the presence of unfair inequities such as systemic discrimination and racism that negatively impact the mental health of those in BIPOC communities. While millions of Americans face the challenges of living with mental health conditions, people in marginalized communities may struggle additionally with a lack of health insurance and access to services, plus cultural stigma that discourages getting care. Research has shown that BIPOC groups are:

- Less likely to have access to mental health services
- Less likely to seek out treatment
- More likely to receive low or poor quality of care
- More likely to end services early

If someone you know may need help with a mental health condition, encourage them to contact a licensed mental health professional. Recovery is possible!

Visit the MYMH web page to learn more: MagellanHealth.com/MYMH

JULY AND AUGUST LIVE WEBINARS

July

Mindfulness: The Life-Mind-Body Connection Wednesday, July 13, 2022 | 11:00 – 11:45 a.m.

Description: What exactly is mindfulness and how does the mind-body connection relate to managing stress? In this webinar, you'll learn the definition of mindfulness, mind-body methods to reduce stress, and the myths and realities of meditation. You'll also practice deep breathing and meditation techniques to achieve an improved mindset and mood.

August

Make Life Easier: Create More Peace and Balance at Work and Home Wednesday, August 10, 2022 | 11:00 – 11:45 a.m.

Description: What does peace and balance mean to you, and how can you achieve greater harmony at work and at home? In this webinar, you'll learn about mindsets, how to set boundaries and practical expectations, and identify strategies you can try today that will create calm and help you manage work-life flow.

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. Scroll down to the bottom of the homepage. On the right side under the header for "Featured Topics," click on the link for "Access webinar."

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.