

# EAP MONTHLY UPDATE

## AUGUST 2022

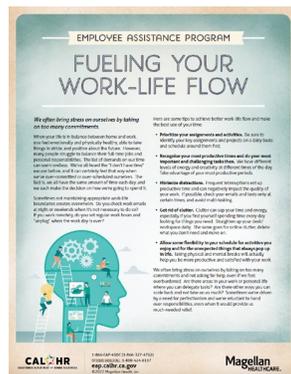
### Welcome to the EAP Monthly Update!

Making time to rest, relax, and honor our limits is key for good emotional and physical health. As the author Anne Lamott said, "Almost everything will work again if you unplug it for a few minutes, including you." But it's not always easy to be as kind and accommodating to ourselves as we are to others and avoid over-scheduling and over-committing ourselves. Look this month for information on shifting your mindset and improving work-life flow and balance at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

#### MONTHLY ARTICLE:

##### Fueling Your Work-Life Flow

Problems can arise if we always prioritize productivity over our physical and mental well-being. Achieving work-life balance is essential to good health, and it's important to give ourselves permission to set reasonable boundaries and learn to manage our time effectively. In this article, you'll learn tips to achieve better work-life flow by setting daily priorities, minimizing distractions, and making the most of your most energetic and creative times of day. Read the article on "Fueling Your Work-Life Flow" in the What's Trending section at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).



#### EAP FEATURED BENEFIT:

##### Telehealth

The EAP's Telehealth services offer confidential and convenient access to an EAP provider via video teleconference. If you'd like professional help to work through a personal issue but would rather not meet in-person with a counselor, check out Telehealth. All you need is a smartphone or computer with Internet access. Telehealth offers fast, private access to mental health services and flexible appointment times. Learn more at [soceap.magellanascend.com/media/3812/eap-core-flyers-telehealth-cl.pdf](http://soceap.magellanascend.com/media/3812/eap-core-flyers-telehealth-cl.pdf)



## MIND YOUR MENTAL HEALTH

### August is Back to School Month

It's common for kids – and even parents – to feel some anxiety at the start of a new school year. Transitioning to a new grade and changes in routine can cause back-to-school jitters. You can ease your child's concerns by talking about what to expect and establishing a daily routine.

If the "summer's over!" ritual causes you autumnal anxiety, participate in Back-to-School month this August! It's an observance that helps parents, students and teachers transition to the new academic year.

- Switching from summer to school schedules can be stressful to the whole family. Minimize first-day-of-school chaos by practicing your morning routine several days in advance, particularly with younger children.
- Whether your child is driving to school for the first time, taking the bus, bicycling, or walking with friends, review how to stay safe, such as focusing on walking (or driving) rather than texting, and using crosswalks.
- An important component of back-to-school success is for parents to guide children with a positive, non-anxious attitude.
- Get the class supply list and take a shopping trip with your child. Allow for a splurge or two like a nifty notebook or a cool-colored pen to make things more fun.

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: [MagellanHealth.com/MYMH](https://MagellanHealth.com/MYMH)

## AUGUST AND SEPTEMBER LIVE WEBINARS

### August

#### Employee Webinar – 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](https://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](https://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.*

### September

#### Employee Webinar – Suicide Risk: Awareness and Prevention

Wednesday, September 14, 2022 | 11:00 – 11:45 a.m.

**Description:** In order to achieve great results, you should be constantly thinking about ways you can motivate and inspire your team. In this webinar, we'll identify warning signs of a disengaged team, define ways to motivate employees when times are tough and describe how to help your team work better together.

#### Manager Webinar – Creating an Environment Where Positive Relationships Thrive

Wednesday, September 28, 2022 | 11:00 – 11:45 a.m.

**Description:** What are positive relationships and why are they important for productivity at work? In this webinar, you'll review ways to deal with team conflict and manage difficult feelings in the workplace. You'll also identify how to effectively handle difficult or uncivil customers/clients and defuse potentially volatile situations.