

EAP MONTHLY UPDATE

NOVEMBER 2022

Welcome to the EAP Monthly Update!

While the holiday season can be a festive time to enjoy the company of family and friends, it can also bring a great deal of extra stress, financial pressures, and fewer opportunities to relax. If you're a caregiver, this time of year can be even more challenging. Make your physical, mental, and financial health a priority, even if it means scaling back on your expectations. Look this month for information on caregiving and managing holiday stress at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Addressing Seasonal Changes

If you're looking forward to the holiday season with mixed feelings, you're not alone. The holiday to-do list can seem overwhelming! Sometimes we put too much pressure on ourselves and over-commit our time and resources, even though we already feel we have too much on our plate. In this article, you'll learn about holiday stress triggers and steps you can take to achieve a better balance during this busy time of year. Read the article on "Addressing Seasonal Changes" in the What's Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Child Care and Elder Care Services

Do you need guidance on child or senior care? EAP can assist with information and referrals for child care options, such as in-home and out-of-home child care, before and after-school care, summer care, and evaluation of providers. EAP can also help employees with personalized resources for older adults, including caregiving resources and support, community-based services, attorneys specializing in elder care, and more. Learn more about child and elder care at <https://soceap.magellanascend.com/media/3970/eap-core-flyer-child-elder-care-services-june-2021-cl.pdf>.



MIND YOUR MENTAL HEALTH

November is National Family Caregivers Month

This is a time to recognize and celebrate those who lovingly give baths, clean houses, shop for and comfort loved ones who are elderly or ill. Providing care is a supremely challenging role, and caregivers deserve our support and praise. If you're a caregiver:

- Acknowledge and be proud of how much you do. There's no such thing as a perfect caregiver, so just do your best to get through each day.
- Take breaks. Arranging for respite care services (via skilled caregiving coverage in-home or at a center) will give you much-needed time off.
- Maintain good diet, sleep and exercise habits. Make sure to eat balanced meals. Try not to give in to stress eating. Also, get enough sleep; strive for 7 – 8 hours per night.
- Talk with others about your challenges. A caregiving support group is a great way to share information, support and encouragement.

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

NOVEMBER AND DECEMBER LIVE WEBINARS

November

Employee Webinar – Thriving Through the Holidays

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

Description: For many people, the holidays are the most stressful time of year. Too many commitments, unrealistic expectations, and financial worries can be overwhelming. In this webinar, you'll learn coping strategies to identify and set your limits, prioritize what's really important to you, and stay calm and emotionally healthy during this busy season.

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.

December

Manager Webinar – Leading with Purpose

Wednesday, December 7, 2022 | 11:00 – 11:45 a.m.

Description: Resilient teams consist of people who trust each other and have a clear mission and shared goals. They can handle adversity and maintain their emotional equilibrium and productivity even during difficult times. This webinar will review the benefits of leading with purpose and help managers identify strategies to lead with intention.

Employee Webinar – The Power of Purpose

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

Description: Being resilient and having a purpose enables us to grow and thrive no matter what challenges we face in life. In this webinar, you'll learn the mental and emotional benefits of having a purpose and identify strategies to live with intention and realize your meaning.