

EAP MONTHLY UPDATE

JANUARY 2023

Welcome to the EAP Monthly Update!

In modern life, where so much changes constantly, it can be hard to hear your inner voice and live life according to your unique values. Work, family responsibilities, and societal expectations can combine to drown out your search for meaning. However, it's possible to live with greater purpose. How? Take time to envision your ideal life — not what others might expect of you. Build a plan with achievable interim goals so you can make progress. Follow your plan and stick with it, even if you go off track sometimes. Look this month for information on how to live with purpose at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Living With Purpose

If you're feeling adrift, stop and take stock of where your life is now. Go quiet and listen to your heart's true desires. Try to decide whether there's a cause, a population, an industry discipline, or a type of art where you'd like to use your talents in service of others. Think about whether pursuing your passions should become a livelihood or remain a hobby. Build a personal vision statement for your life and use it to help you make decisions and stay on track. Adopt a growth/learning mindset to continually become a better version of yourself. Read the article on Living With Purpose in the Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Lifestyle Coaching

When you've identified a life goal you'd like to reach, attaining it often involves a good bit of effort. Fortunately, EAP offers easy access to qualified lifestyle coaches who can help kickstart your plans and keep you moving forward. They can help you in areas such as career or work performance, relationships, sleep health, weight management, and other areas of personal improvement. Coaching sessions, at no cost to you, occur over the phone or by video conference and last up to 45 minutes. Learn more about Lifestyle Coaching at <https://soceap.MagellanAscend.com/media/3968/eap-core-flyer-lifestyle-coaching-june-2021-cl.pdf>.



MIND YOUR MENTAL HEALTH

January is Mental Wellbeing Month

Being mentally well means being in touch with your own emotional health, and proactively taking care of your mental health to stay ahead of problems. It also involves having healthy relationships, plus maintaining good coping skills so you can bounce back when difficult life challenges appear.

- If you're new to working on your mental wellbeing, try taking one small step toward being healthier, and stick with it.
- Each day, make sure to do activities — such as creative hobbies — that are meaningful to you. Identify and work into your schedule the activities that reliably help you relax and recharge.
- Strive to get 30 minutes of exercise per day, plus eat a balanced diet, and get 7-9 hours of sleep nightly.
- Try some mindfulness. Slow down during your day and fully experience the present moment.

Mind Your Mental Health (MYMH) helps raise awareness about mental health issues to help you and your friends, family, and co-workers learn practical ways to support your own mental health and gain an understanding of how to help others.

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

UPCOMING LIVE WEBINARS

January

Mindfulness: Finding Your Purpose and Vision in a Changing World

Wednesday, January 11, 2023 | 11:00 – 11:45 a.m.

Description: It can be hard to keep at bay the countless modern distractions that crowd out your quest for finding your genuine purpose in life. In this webinar, learn how to use mindfulness to quiet things down and identify your unique gifts, talents, and interests. Adopt techniques that can help keep your pursuit of purpose on track.

February

Maintaining Positive Relationships

Wednesday, February 8, 2023 | 11:00 – 11:45 a.m.

Description: Our relationships with others may be less than fulfilling if we don't make an effort to nurture, deepen and strengthen them. This webinar will take a look at the essential components of healthy relationships and how to create more positive connections at home and work—including resolving interpersonal conflicts.

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.