

EAP MONTHLY UPDATE

FEBRUARY 2023

Welcome to the EAP Monthly Update!

Being human generally means being connected—to your immediate and extended family, your friends and community, and your co-workers. If your relationships in any environment become unhealthy, life can feel burdensome. Sometimes it’s necessary to look inward and decide whether you’re operating as a kind, affectionate, approachable person, or whether you’re being aloof and dismissive to others. Fortunately, there’s always an opportunity to make your relations with those around you more positive. Look this month for information on how to improve your relationships at eap.calhr.ca.gov.

MONTHLY ARTICLE:

Healthy Relationships

Do you realize that you have the capacity to improve your interpersonal relations at home, work, school, and elsewhere in the community? Some of the basic tenets of relationship building — while sometimes forgotten — can strengthen your connections. First, treat others with kindness and respect, just as you would like to be treated (i.e., the Golden Rule). Show interest and encouragement in others’ activities. Strive to broaden your circle of diverse friendships. Strike up a conversation with someone at work who’s new to you and listen actively—without distraction—to their perspectives. Read the article on Living With Purpose in the Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Legal Services

Are you or a member of your household battling a difficult legal issue that is proving stressful? EAP offers legal services in areas such as divorce, bankruptcy, property and custody disputes, wills, estates, living trusts, and more. You're eligible for one free 60-minute telephonic or face-to-face consultation with an attorney per issue per year. Learn more about Legal Services at <https://soceap.magellanscend.com/media/3964/eap-core-flyer-legal-services-june-2021-cl.pdf>.



MIND YOUR MENTAL HEALTH

February is National Cancer Prevention Month

When a cancer diagnosis is made, feelings of anxiety, stress, and confusion are virtually impossible to avoid. The path ahead may seem confusing and scary, but there are steps you can take to deal with your emotions.

- Don't hold it in. Tell a family member or good friend that you're feeling anxious. Sometimes just talking about it makes it feel less overwhelming.
- Join a support group. It helps to connect with people who are going through the same things you are.
- In addition to getting treatment, take good care of yourself. Do things that you enjoy and find ways to relax.
- If depression hinders your daily activities and nothing seems to help, consider speaking with a professional.
- If you haven't been diagnosed with cancer, ask your doctor which cancer screening tests are recommended for someone your age.

Mind Your Mental Health (MYMH) helps raise awareness about important health issues to help you and your friends, family, and co-workers learn practical ways to support your own 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.

Additional sources: Healthwise.net, American Association for Cancer Research

UPCOMING LIVE WEBINARS

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.

March

Employee Webinar – Self-care Isn't Selfish

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

Description: Don't let anyone suggest that caring for you is the wrong thing to do. In fact, it's the best thing to do! This webinar will give you tips on how to make self-care a priority. You'll learn how to incorporate self-care into your daily routine and stay on a more even keel emotionally.

Manager Webinar – Self-care Awareness: Practicing What You Preach

Wednesday, March 22, 2023 | 11:00 – 11:45 a.m.

Description: As a leader, you want all your employees to maintain their own health and attain good work-life balance. Are you providing enough encouragement in this area? In this webinar, review how self-care is important for you and your team. You'll identify ways to take better care of yourself and inspire your team to do the same.