

EAP MONTHLY UPDATE

APRIL 2023

Welcome to the EAP Monthly Update!

This month we look at how money challenges can impact your emotional life, and how you can bounce back from such problems. The good news is that if you've suffered a financial setback, there are practical steps you can take to regroup and get your dollars and cents back on track. Your employee assistance program provides training and resources that can help you improve specific areas of your financial life. For information on optimizing your financial wellbeing, go to eap.calhr.ca.gov.

MONTHLY ARTICLE:

Financial Wellbeing

Financial experts generally define financial wellbeing as a state where you can manage your bills and expenses, pay your debts, weather unexpected emergencies, and move consistently toward your long-term financial goals. It's also about managing your thoughts and emotions around money — which can cause late-night worries if uncontrolled. In this article you'll learn about setting financial priorities that align with what matters most to you in life, track your financial status, reduce debt if needed, get money coaching help, and maintain good financial communication with your loved ones. Read the article on Financial Wellbeing in the Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Money Coaching

Are you stressed enough about money that you're afraid to face and fix your financial situation? Reach out for guidance from an experienced money coach! Through EAP, certified financial professionals can help you with student loan or consumer debt, budgeting, tax strategies, retirement planning, investing for education, and much more. Your coach will help you create an achievable plan consistent with your goals; subsequent consultations will check in on your progress. You're eligible for three 30-minute telephone consultations per topic, per year. Learn more about Financial Wellbeing at <https://soceap.magellanascend.com/media/3972/eap-core-flyer-financial-wellness-june-2021-cl.pdf>.



MIND YOUR MENTAL HEALTH

April is National Stress Awareness Month

Stress can be sneaky. Sometimes we don't even realize we're in a battle with physical, mental and/or emotional strain. This month's health observance encourages you to heighten your awareness of stress, particularly if it's long-lasting.

- Use stress management techniques that have worked for you previously; seek out new practices if you're still struggling.
- Exercise regularly. Whether you bike, lift weights or take walks, exercising will keep you strong and resilient, increasing your ability to combat stress. Studies show that exercising outside in nature reduces anger, fear and stress, while increasing pleasant feelings.
- Try some aromatherapy, which uses aromatic essential oils to soothe the body and mind. It can decrease anxiety and improve sleep.
- Have a hearty laugh. Laughter defuses distressing emotions and helps you shift perspective, allowing you to see situations in a less threatening light.

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: Everyday Health, Consumer Financial Protection Bureau, Harvard Business Review.

UPCOMING LIVE WEBINARS

April

Financial Setback? Regroup & Rebuild

Wednesday, April 12, 2023 | 11:00 – 11:45 a.m.

Description: Virtually everyone gets into a financial pickle occasionally. However, those pickles can be painful. This webinar looks at how to target the source of setbacks (e.g., income vs. expenses), shows you how to rebuild your finances in multiple areas, and recommends behavioral changes around money that can help prevent future setbacks.

May

Managing Life's Micro-Stressors

Wednesday, May 10, 2023 | 11:00 – 11:45 a.m.

Description: The accumulation of small, stressful frustrations throughout the day — referred to as "micro-stressors" — often occurs without our being aware of them. However, the impact of processing them can linger for hours or days. In this webinar, learn about the common sources of micro-stress. Pick up techniques on how to manage it.

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.