

# EAP MONTHLY UPDATE

MAY 2023

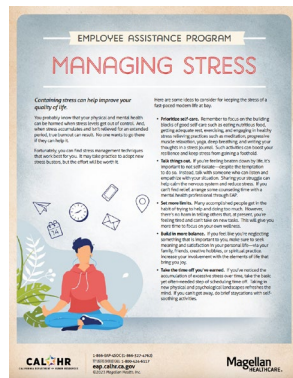
## Welcome to the EAP Monthly Update!

Sometimes, the stress of modern life gets to be too much. It can seem like there are simply a few too many demands, deadlines, challenging changes, and difficult interactions in life to try and manage. Social scientists even point to “micro-stressors” — the countless uncomfortable intrusions on our peace of mind throughout the day — many of which we don’t even notice or acknowledge. In this Monthly Update, we’ll look at ways to combat stress, regardless of its source. Also, visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) for more ideas on stress management.

### MONTHLY ARTICLE:

#### Managing Stress

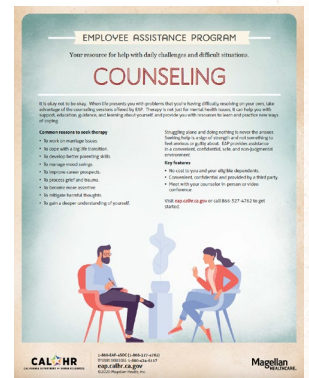
Stress can harm your mental and physical health in many ways. And, when stress accumulates and isn’t relieved for an extended period, true burnout can result. Fortunately, you can find stress management techniques that work for you. Ideas include prioritizing self-care through good diet, sleep, and exercise habits. Resilience-boosting stress management techniques include meditation, progressive muscle relaxation, yoga, deep breathing, and stress journaling. Talk about your struggles with an empathetic listener. Set more limits on your personal time, build joyful activities back into your life, and take the time off you’ve earned in order to refresh yourself. Read the article on Managing Stress in the Trending section at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).



### EAP FEATURED BENEFIT:

#### Counseling

Everyone can use help dealing with life’s challenges sometimes. If problems make life too uncomfortable for you, it may be time to reach out for assistance. You have access to counseling services through EAP to help you cope, recover, and thrive! Addressing diverse problems, confidential counseling provides practical support, education, and guidance on your challenging issues. You can access counseling in-person locally or through virtual therapy via text message, live chat, phone, or video conference. Learn more about Counseling at <https://soceap.magellanascend.com/media/3805/eap-core-flyer-counseling-cl.pdf>.



## MIND YOUR MENTAL HEALTH

### May is Mental Health Awareness Month

Traditionally, people often hesitated to seek help or even talk about mental health for fear of being judged and facing backlash. However, the issue is now entering more and more of our daily conversations.

- Addressing mental health symptoms early is critically important for one's overall health.
- Get in the habit of talking about mental health and medications. When you share insights about mental health challenges, these conditions become more normalized and less mysterious.
- When facing a mental health concern, it's common to feel like no one understands what you're experiencing. However, you aren't alone. Help is available, and recovery is possible.
- Take care of yourself and your loved ones. If you are struggling, reach out for the care you need. If a loved one is suffering, provide an ear to listen and/or a shoulder to cry on.

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](http://www.MagellanHealthcare.com/about/bh-resources/mymh) or call EAP for confidential mental health resources.

*Additional sources: Mental Health America, NationalToday.com.*

## UPCOMING LIVE WEBINARS

### 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](http://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](http://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.*

### June

#### Employee Webinar – Rediscovering Joy at Work

**Wednesday, June 14, 2023 | 11:00 – 11:45 a.m.**

**Description:** Simply going through the motions on the job — on automatic pilot — isn't very fulfilling over time. This webinar will help you rediscover the positive motivations underpinning your work. You'll explore ways to capitalize on your unique strengths each workday, plus get a refresher on how to focus on your professional growth and keep moving forward.

#### Manager Webinar – Helping Staff Find Joy at Work

**Wednesday, June 28, 2023 | 11:00 – 11:45 a.m.**

**Description:** Your commitment to the wellbeing of your team will pay countless dividends for them and for the organization. In this webinar, learn about the link between employee engagement and workplace productivity. Identify the obstacles that can adversely affect employees' joy on the job. Get tips on creating and nurturing a positive work environment.