

EAP MONTHLY UPDATE

JULY 2023

Welcome to the EAP Monthly Update!

Most of us make a habit of trying to avoid misery. Being happy is much better, right? Happiness, however, is a vague and rather fleeting state. It's hard to define. You might think you've lassoed it and have got it under control, but then unexpected life events can (and often do) interrupt your bliss. Is it possible to stay on the happiness side of the scale? Visit eap.calhr.ca.gov for insights on staying healthy and happy.

MONTHLY ARTICLE:

Pursuing Happiness

Do you spend time pursuing things “out there” that you believe will make you happy? Would a better financial situation do it? A better relationship? A thinner waist? While it's healthy to pursue goals and celebrate accomplishments, it's not helpful to base your level of contentment on reaching future ideals that can't be well-defined. A change in mindset may help you perceive a distinct possibility: What if you're already happy? What if you start there — being grateful for the many gifts in your life — and share those positives with others around you? Help them be happier. What a great pursuit! Read the article on Pursuing Happiness in the Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Digital Emotional Wellbeing Program

Improve your happiness by strengthening your mind-body connection through relaxation and mindfulness techniques, strength-building activities, behavior tracking and wellbeing assessments. With the Digital Emotional Wellbeing Program, complete activities such as breathing exercises, meditation, yoga or journaling.

Track mood, sleep, stress and pain, and see your progress. Learn more at <https://soceap.magellanascent.com/media/5317/digital-well-being-neuroflow-flyer-cl.pdf>.



MIND YOUR MENTAL HEALTH

July is BIPOC Mental Health Awareness Month

This month we highlight the presence of unfair inequities such as systemic discrimination and racism that harm the mental health of those in Black, Indigenous, and People of Color (BIPOC) communities.

- While nearly one in five Americans experiences a mental health condition each year, people in marginalized communities may additionally struggle with a lack of health insurance and access to services, plus cultural stigma that discourages getting needed care.
- Research has shown that BIPOC groups are:
 - Less likely to have access to mental health services
 - Less likely to seek out treatment
 - More likely to receive low or poor-quality of care.
- If someone you know needs help with a mental health condition, encourage them to contact a licensed mental health professional. Everyone deserves accessible, fair, and appropriate treatment.

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: Jefferson Center, Counseling.org, Centers for Disease Control and Prevention, MarcAndAngel.com, National Alliance on Mental Illness, StrategicCoach.com, LinkedIn

UPCOMING LIVE WEBINARS

July

The Pursuit of Happiness Using Positive Psychology

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

Description: Learning to redirect your internal dialogue in a positive direction can help you feel more confident. In this webinar, learn to recognize, challenge, and change negative thinking. Discuss happiness and the role positive psychology plays in it. Identify possible barriers to happiness, and practice strategies to improve your well-being.

August

Parenting with Your Best Self

Wednesday, August 9, 2023 | 11:00 – 11:45 a.m.

Description: This webinar will give you ideas for how to positively nurture both your family and yourself. Learn how to model positive relationships for your children, and gain skills in setting boundaries with others. Begin prioritizing self-care activities that make you a healthier parent and better able to care for others.

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.