

EAP MONTHLY UPDATE

AUGUST 2023

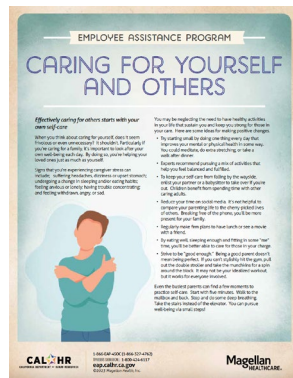
Welcome to the EAP Monthly Update!

When you have the nonstop responsibility of caring for your family or an elderly parent, your own needs can get lost in the shuffle. Amidst your many duties, you might think caring for yourself is frivolous or even unnecessary. However, it's vital that you adopt self-care practices to stay strong for those you support. You're a better parent or other caregiver when you care for yourself *first*. Visit eap.calhr.ca.gov for diverse ways in which you can keep yourself and others well.

MONTHLY ARTICLE:

Caring for Yourself and Others

It's important to look after your own well-being each day, particularly if you're caring for a family. By doing so, you're helping your loved ones just as much as yourself. Try starting small by doing one thing every day that improves your mental or physical health. Pursue a mix of activities that help you feel balanced and fulfilled. Regularly make firm plans with friends to go out to lunch or see a movie. Eat well, get enough sleep and fit in some "me" time; you'll be better able to care for those in your charge. Read the article on Caring for Yourself and Others in the Trending section at eap.calhr.ca.gov.



EAP FEATURED BENEFIT:

Child and Elder Care Services

Finding the right resources for a child or an older adult can be a challenge. EAP can provide guidance and referrals, and to help you understand your care options. Experts can assist you with in-home and out-of-home child care, child care options for non-standard schedules and before- and after-school care. Learn more about Child and Elder Care Services at: <https://soceap.magellanscend.com/media/3970/eap-core-flyer-child-elder-care-services-june-2021-cl.pdf>.



MIND YOUR MENTAL HEALTH

August is National Back to School Month

If you have children, summer's end may find them resembling sloths, not scholars. National Back to School Month helps get children back into the school groove.

- The back-to-school push is a big change, particularly if children are attending school for the first time or changing schools. Review with them your expectations for the morning and evening routines, homework, phone and TV limits, and more.
- Emphasize good eating, sleeping, and exercise habits.
- If a young child will be attending a new school this year, request an advance tour with them. This helps de-mystify the environment.
- Children are prone to some separation anxiety. Children take their cues from you, so if you're calm and optimistic when school is starting, they'll feel more confident. Talk to them about fears they may have, listen empathetically, and assure them they'll do great this year.

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: Parents.com, Cleveland Clinic, American Academy of Pediatrics, Waterford.org, Verywell Family

UPCOMING LIVE WEBINARS

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.

September

Employee Webinar – How to be a Mental Health Ally in Your Personal and Work Life

Wednesday, September 13, 2023 | 11:00 – 11:45 a.m.

Description: Learn what mental health allies are and why they're so valuable. Familiarize yourself with ways to help those you recognize as struggling. Contribute to positive psychological environments at home and work in order to support the health of those around you.

Manager Webinar – Promoting Psychological Safety in the Workplace

Wednesday, September 27, 2023 | 11:00 – 11:45 a.m.

Description: In this webinar, learn techniques for building states of psychological safety for those in your employ. Examine how safe spaces at work improve the well-being of your staff. Pick up best practices for supporting a positive work culture that promotes employee engagement and productivity.