

EAP MONTHLY UPDATE

NOVEMBER 2023

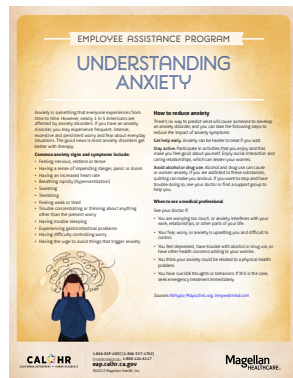
Welcome to the EAP Monthly Update!

Everyone experiences occasional symptoms of anxiety and nervousness. For example, when you speak in front of a large group or interview for a new job, a racing heart and stomach “butterflies” are normal reactions and typically pass once the experience is over. There are also times when anxiety can persist and interfere with your daily life. This month, learn more about how to recognize and cope with anxiety.

MONTHLY ARTICLE:

Understanding Anxiety

Anxiety is something that everyone experiences from time to time. Anxiety can show up differently in different people, and the level of anxiety one experiences can vary. For approximately 15% of adults, the symptoms can worsen over time. There are common signs of anxiety that can help you understand what you are experiencing, and there are ways to manage anxiety, even if it feels out of control. Read the article on Understanding Anxiety in the Trending section [on the EAP website](#).



EAP FEATURED BENEFIT:

Appointment Assist

If you are nervous about starting therapy, you are not alone. Finding the right counselor online or in your area with times that fit your schedule can be challenging. Typically, a counselor will respond to your request within a day or two. However, if you are having difficulty scheduling an appointment, you can call and ask for assistance. The Customer Experience Associate will ask about your preferences, contact providers and find the first available appointment to meet your needs. After that, you call the selected provider to confirm the appointment. Learn more [on the EAP website](#).



MIND YOUR MENTAL HEALTH

November is National Family Caregivers Month

In November, we recognize and honor family caregivers across the country. Family caregivers provide an enormous value to society. Their services often make it possible for their loved ones to remain at home. It usually fills a gap that would be very expensive if they had to pay for care.

How can you show appreciation to a family caregiver?

- Provide respite care. Spend a morning with a loved one while the caregiver runs errands or takes some time for themselves.
- Check in regularly. Offer your support by listening to them talk about their experience without offering advice.
- Help with chores. Bring a meal, clean the house, help with laundry, do yard work or offer to assist with something that is hard for the caregiver to manage.

Visit the [Mind Your Mental Health website](#) or call EAP for confidential mental health resources.

Source: [Caregiverdoc.com](#)

UPCOMING LIVE WEBINARS

November

[Reducing Anxiety in the Moment and Beyond](#)

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

Description: This webinar will define the signs and symptoms of anxiety. You will be introduced to skills you can develop to manage anxiety and learn how to implement them on a daily basis.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the [EAP website](#). 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 the [EAP website](#). 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.

December

Manager Webinar - [Emotional Wellbeing for Leaders](#)

Wednesday, December 6, 2023 | 11:00 – 11:45 a.m.

Description: This webinar explains the importance of emotional wellbeing to leaders and employees. You will list strategies to enhance your wellbeing and describe ways to be a more effective leader.

Employee Webinar - [Coping with Grief and Loss](#)

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

Description: This webinar defines and discusses the processes of grief, bereavement and mourning. You will learn ways to care for yourself as you grieve.