



# Momentum

## Changing Perceptions

Perception serves as the lens through which we view life's experiences. It influences how we see, understand, process, remember and act on reality. If uncomfortable events in the past have caused you to avoid certain experiences in the present, the good news is that you can change the personal lens through which you once viewed those events. Below are tips to help you change your negative perceptions.

1. Start by being willing to see things differently now.
2. Look for your past emotional patterns. Did you often react in ways that caused you to shut down?
3. Think through a negative experience and imagine yourself reacting differently as if you had more strengths-based beliefs about yourself.
4. Now, act on these positive beliefs. Be patient with yourself as you learn to reframe.
5. If something triggers you in the present, pause, breathe, ground yourself and respond from a more empowered place.



Join the live webinar, *Changing Your Perceptions to Positively Impact Your Wellbeing*, on May 8, 2024 at 11:00 a.m PT. Learn tips on how to reframe your thinking in positive rather than self-limiting ways. Scan the QR code to register now.



### Wellbeing Coaching

Are you having trouble achieving your goals? Work with a certified Wellbeing Coach to define goals, stay accountable and sustain your success. Coaches can help with personal improvement, healthy eating, weight management and more. Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) to learn more.

Call your Employee Assistance Program at 1-866-EAP-4SOC (1-866-327-4762) TTY: 711 or visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) for confidential, no-cost help available 24/7/365 for you and your eligible dependents.

## May Is Mental Health Month

Talking more freely about mental health and continuing to reduce the stigma around getting treatment are hallmarks of this annual observance. Mental Health Month is a time to raise awareness of and reduce the stigma surrounding mental health issues, as well as highlight the impact mental illness and addiction have on society.

- More than 50 million Americans struggle with mental health conditions.
- Rates of youth depression rose from 12.9 percent to 25.2 percent from the pre-pandemic period to 2021.
- Most Americans lack access to adequate mental health treatment, as 54.7 percent of adults with mental illnesses did not receive care in the last year.
- Members of the LGBTQ+ community are almost three times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.
- Annual prevalence among U.S. adults, by condition: anxiety disorders: 19.1 percent, major depressive episode: 8.3 percent, posttraumatic stress disorder: 3.6 percent.

Visit [Mind Your Mental Health](#) on the [EAP website](#) or call 1-800-EAP-4SOC (1-866-327-4762) TTY: 711 for confidential mental health support and resources

## Working On Emotional Wellbeing

Being emotionally well is vital to your overall health. Observe and manage your thoughts, feelings, habits and actions daily. Consciously viewing your experiences through a more positive lens of perception leads to higher levels of joy and inner peace.

Support your emotional health by being physically active, learning things outside your comfort zone, connecting with others, offering forgiveness and being kind to yourself and others.

## Financial Webinars

### Balancing Your Financial & Emotional Wellbeing

May 14, 2024

Register here: [9:00 a.m.](#) | [12:00 p.m.](#)

Stress is something everyone experiences. Financial and emotional strains are both common, routinely appear together, and can significantly influence your daily life. Successfully managing these stressors is key to your overall wellness. This webinar will examine several financial and emotional challenges and offer tips on how to manage them. You'll also learn about how to arrange valuable resources and how financial professionals can help.

### Smart Money Moves: Tips for Major Purchases

May 30, 2024

Register here: [9:00 a.m.](#) | [12:00 p.m.](#)

Whether it's a car, living room furniture or a washer and dryer, big purchases take special planning. This webinar will look at factors such as buying now versus later, saving up for purchase versus financing, and buying versus leasing. Also, for discussion will be credit and budget implications, as well as strategies for planning ahead and saving money over the long term.

Sources: Mental Health America, National Alliance on Mental Illness, Haseltine, William, et al., MindYourReality.com, WellAndGood.com, NationalToday.com