

# EAP MONTHLY UPDATE

JANUARY 2022



## Helpful Resources from your Employee Assistance & Work/Life Program

### THE EMPLOYEE NEWSLETTER



*[Read and Download](#)*

### THE SUPERVISOR NEWSLETTER



*[Read and Download](#)*

#### DID YOU KNOW?

#### iConnectYou: Your EAP on the Go

Deer Oaks offers an app for easy access to professionals for in-the-moment support and help finding resources for you and your family.



#### Features:

- The app supports telephonic or video call, instant messaging (IM), short message service (SMS), video, and articles
- Answered 24 hours a day, 365 days a year
- Members can connect with experts instantly or decide for a later appointment
- Browse curated self-help resources with a few swipes on the phone

#### Registration Tips:

- Phone Number – Use the number of the cell phone on which the app is running (no spaces or dashes)
- Review Terms of Use and Privacy Policy – tap on the blue hyperlinks to review and slide the button to the right

## PROFESSIONAL & PERSONAL DEVELOPMENT

### UConn January WELL-BEING Webinars

## Starting Winter Well

#### ONLINE WEBINAR

##### ***How to Help Your Staff Cope with Change and Uncertainty***

As the pandemic continues, many individuals are facing significant stress, changing circumstances, and uncertainty. This important session provides supervisors and managers with several practical strategies for helping their employees to better manage stress, adjust to changes, and cope with an uncertain future.

**Tuesday, January 11**  
12:00pm – 1:00pm

[Find the Meeting Link Here](#)

#### ONLINE WEBINAR

##### ***Make a Life Worth Living: Work-Life Synergy***

People often feel torn between work and time with the family. They feel they don't have enough 'me' time. This session will help participants identify various ways to achieve balance with personal, family and work responsibilities. The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this session, participants will find answers that will allow them to be more effective and more satisfied with both their home and work lives.

**Wednesday, January 19**  
12:00pm – 1:00pm

[Find the Meeting Link Here](#)

## DEER OAKS SEMINARS



#### JANUARY ONLINE SEMINAR

##### **Reframing Your Way Through 2022**

Starting the Year in the Right Mindset  
Learn practical steps to use positive reframing strategies to guide your way through 2022.

Available on-demand starting January 18th at [www.deeroakseap.com](http://www.deeroakseap.com).

### \*\*\* SPOTLIGHT SEMINAR \*\*\*

#### ***Supervisor Excellence Webinar Series***

##### **The 7 Habits of Highly Effective Supervisors**

Successful supervisors share many common traits such as a positive attitude, good interpersonal skills, and a strong work ethic. This dynamic presentation will provide an overview of these and other characteristics important to employee engagement & retention and outline several strategies for integrating these traits into your management style.

**Date:** February 28, 2022  
**Time:** 2:00 – 3:00 PM

**REGISTER**

#### **Human Resources**

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#### **Deer Oaks EAP Services**

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**Need the UConn Deer Oaks EAP website username and password?**

Go here:  
[hr.uconn.edu/uconn-eap-deer-oaks/](http://hr.uconn.edu/uconn-eap-deer-oaks/)

#### **Stay Connected**

