

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

April 2022

THE EMPLOYEE NEWSLETTER



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THE SUPERVISOR NEWSLETTER



Read and Download

DID YOU KNOW?

Your Employee Assistance Program (EAP) Can Help Complete Your “To-Do” List.

Need to delegate items on your “To-Do” list? Let your EAP Work/Life Consultants assist you with locating nearly endless resources such as finding care for your pets, a contractor for your home improvement project, or even a travel agent to plan your next vacation. EAP can help manage your day-to-day responsibilities at home, and work so you have to dedicate time for you, your hobbies, and your happiness.

Program Features:

- 24/7 access to a qualified work/life consultant via our Helpline or the LiveCONNECT online instant messaging.
- Live assistance locating resources and referrals per your request.
- Referrals provided within 12 business hours for standard requests and within 6 business hours for urgent request.
- Information-rich website loaded with content and tools for managing work, personal, and everyday issues.

Call the toll free hotline 888-993-7650 to start a consultation.

WANT TO LEARN MORE ABOUT THE EAP PROGRAM?

If you missed joining an *Introduction to the EAP* session, or you are new to the University and want to learn more about the EAP, you can access recordings of the employee and supervisor/manager sessions on the **EAP website**.

PROFESSIONAL & PERSONAL DEVELOPMENT UConn APRIL ONLINE WEBINARS

Mindfulness Series: Beyond the Body Scan

We can't live without the capacity to be in the present moment. It allows us to observe and recognize our experiences. Even though we think that we control our attention, most of the time we are thinking about the past or the future missing out on what is happening in the present. Take a deep dive into how mindfulness allows us to recognize what is happening as it is happening, accepting the experience as it is, without changing it.

Tuesday, April 12
12:30pm – 1:00pm

Get the Meeting Link Here

Switching Off – Life Beyond Digital Devices Training

The modern working world is plugged in now, more than ever. The way we communicate in this digital world has transformed working behaviors, compelling workers to be plugged in 24/7. The overuse of digital devices has been linked to stress, burnout, insomnia, anxiety and other mental health disorders.

This thought-provoking and innovative seminar will provide attendees with a powerful insight into the impact of living and working in a fully connected world. Discover practical ways to reclaim a sense of work-life balance and address existing habits to be able to unplug digitally and mentally for a healthier and happier life.

Thursday, April 21
12:00pm – 1:00pm

Get the Meeting Link Here

Mindfulness Series: Being There – The Art of Taking a Walk

You don't need to be seated in a quiet room with your eyes closed to meditate. You can benefit for this practice while you're on a walk, for example. Join in as we discuss how we can live with all our senses and connect with our body and the present moment in our daily activities.

Wednesday, April 27
12:30pm – 1:00pm

Get the Meeting Link Here

2022 Stress Management Webinar Series

This quarterly webinar series is designed to provide employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

The first session, How to Become More Resilient During Challenging Times, is recorded and available to view at the above link. Register for the next session below, or for the all sessions to complete the series.

Managing the Stress of Relationships

This session discusses the stress caused by relationship challenges in our lives and suggests several strategies for improving the quality of our relationships to reduce both stress and conflict.

Date: Monday, April 25, 2022
Time: 2:00 – 3:00 EDT

REGISTER

DEER OAKS SEMINARS



APRIL ON DEMAND SEMINAR

Finding a Hobby: How it Impacts Your Life

Hobbies can help with happiness.
Understand the importance of having a hobby and how you can start finding one to help you feel happier.

Available on-demand starting April 19th
at www.deeroakseap.com.

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