

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

FEBRUARY 2022

THE EMPLOYEE NEWSLETTER



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THE SUPERVISOR NEWSLETTER



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DID YOU KNOW?

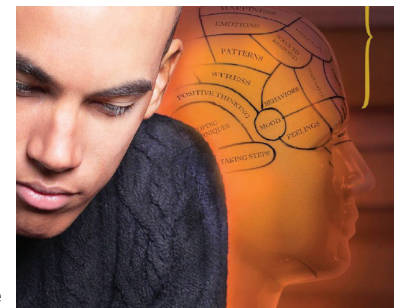
Computerized Cognitive Behavioral Therapy (cCBT)

You now have a new way to obtain counseling through your Employee Assistance Program. For support with issues such as anxiety, stress, and depression, you can access computerized Cognitive Behavioral Therapy (cCBT). Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

Key Benefits of the cCBT Program Include:

- An alternative way of receiving counseling, ideal for people used to accessing services online
- Effective for mild to moderate levels of stress, anxiety, and depression
- Helps to improve quality of life, both in and away from the workplace
- cCBT sessions do not count against your individual face-to-face counseling sessions

The confidential cCBT program* comprises seven sessions offered online over seven weeks. A qualified counselor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalized registration and login, this seven-week program utilized video and multimedia to enhance your online experience.



*Prior to accessing cCBT, an assessment is made to ensure clinical appropriateness. In some cases, short-term face-to-face or telephone counseling, or other support/resource options may be more appropriate.



ONLINE WEBINARS

TACKLE UNHEALTHY HABITS AND TRANSFORM YOUR LIFE TRAINING

The session will explore triggers and how to plan ahead for success.

Breaking bad habits can be tough. Even if we know something is not good for us, finding the motivation to tackle the unhealthy cycles of behavior and know how to make better choices is not always easy.

The good news is that change is absolutely possible. This session will explore the science of behavior change and apply these teachings to tackle common bad habits such as alcohol consumption, smoking, social media and unhealthy eating. The session will explore triggers and how to plan ahead for success.

Date: Thursday, February 17 | **Time:** 12:00pm – 1:00pm

Get the Meeting Link Here

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

HOW TO BECOME MORE RESILIENT DURING CHALLENGING TIMES

During these unprecedented times, employees have been faced with many stressful challenges. Increasing resilience can be a key strategy to successfully coping with and managing the stress and pressure we all face. This timely session discusses several approaches that can help you increase resilience and maintain your health and effectiveness day to day.

REGISTER HERE TO WATCH THE RECORDED SESSION

2022 SUPERVISOR EXCELLENCE WEBINAR SERIES

SIGN UP NOW and get these quarterly live webinars on your calendar. Seminars focus on the 7 habits of highly effective supervisors, effectively managing employee performance, strengthening your team and transitioning from staff to supervisor. **Learn more.**

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**.

DEER OAKS SEMINARS



FEBRUARY ONDEMAND SEMINAR

Navigating Through Grief and Loss

Learning Coping Skills for Grief

Discover ways to say goodbye and healthy steps to Manage the five stages of grief.

Available on-demand starting February 17th at
www.deeroakseap.com.

Human Resources

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