

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**July 2022**

## THE EMPLOYEE NEWSLETTER



*Read and Download*

## THE SUPERVISOR NEWSLETTER



*Read and Download*

### DID YOU KNOW?

#### **Your Employee Assistance Program (EAP) is Available On the Go.**

UConn employees can now access the Employee Assistance Program (EAP) at the click of a button with the iConnectYou app. It instantly connects you with professionals for in-the-moment support and help finding resources for you and your family.

Users can browse curated self-help resources with a few swipes on the phone. Members can connect with experts instantly or decide for a later appointment.

The app supports telephonic or video calls, instant messaging, short messaging service, video, and articles.

Find the app username, password, and iConnectYou registration code/pass code for your specific campus [here](#).



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 JULY ONLINE WEBINARS

### **Leadership Skillily for Non-Supervisor Staff Members**

All staff members can be called on to lead others at one time or another. Whether it be taking the lead on a project or organizing a department function, the ability to lead and influence others is an important skill set. This important session is designed to help individuals that are not currently in a supervisory role to enhance leadership skills such as building strong bonds with colleagues, collaborating effectively on tasks and projects, and resolving conflicts that arise.

**Thursday, July 14, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

### **Mindfulness Series: Mindfulness to Concentrate and Pay Attention**

Mindfulness is the practice of consciously paying attention to a certain experience in the present moment, observing it curiously and accepting it at the same time. Become a better you by improving your concentration skills for the moments that matter the most. Numerous studies have shown how mindfulness activates certain parts of the brain that oversee planning, memory, concentration and executing tasks. Through this training, we can improve our concentration, along with not getting distracted and being able to focus on the task at hand.

**Thursday, July 21, 2022**  
12:30pm – 1:00pm

**Get the Meeting Link Here**

### **Healthy Boundaries and Work-Life Balance Training**

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, July 27, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

## **2022 Stress Management Webinar Series**

Join us for the third session of the Stress Management Webinar Series – ***Finding Balance in a Fast-Paced World.***

This timely presentation is designed to help employees gain valuable insight into the emotional and physical problems that can occur when they let their lives get out of balance. The session also covers several practical strategies that employees can utilize to restore balance and live happier, healthier, more productive lives.

Register for this session and all the remaining session of this quarterly webinar series.

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

**REGISTER**

## DEER OAKS SEMINARS

### **JULY ON DEMAND SEMINAR**

#### ***Unplugged: Digital Detoxing***

Disconnecting to reconnect. Find the reason why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.

Available on-demand starting July 19th  
at [www.deeroakseap.com](http://www.deeroakseap.com).



### **Human Resources**

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### **Deer Oaks EAP Services**

Helpline: 888-993-7650  
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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**

