

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**October 2022**

## THE EMPLOYEE NEWSLETTER



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## THE SUPERVISOR NEWSLETTER



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### DID YOU KNOW?

#### **Your EAP Offers Resources for Total Wellbeing.**

The **Aware: Mindfulness-Based Stress Reduction (MBSR)** program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field. A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall well-being.

#### **Features:**

- Sessions with an Aware specialist who is trained in mindfulness-based stress reduction
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide

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 OCTOBER WEBINARS

### ***Understanding Personal Emotional Triggers***

Specific events may trigger deep, powerful, and personal emotional reactions that tests our built-in resilience. Understanding your personal triggers and how to prepare and recover when we experience them plays an important role in maintaining overall resilience and continuing to perform both safely and effectively. Understanding emotional triggers is an important element of peer support as it creates sensitivity among team members to recognize and support those experiencing a deep emotional reaction to a recent event.

**Thursday, October 6, 2022**  
12:00pm – 1:00pm

***Get the Meeting Link Here***

### ***Unlock the Secret to Financial Well-being***

Managing your finances may seem like a large and daunting task however it allows you to have better perspective of where and how you're spending your money. Good personal finance management allows you to learn how to control your money so you can achieve your financial goals .

The initial step is defining your money beliefs and your financial goals, both short term and long-term. This training will guide you through the process of tracking your spending so that you understand how you currently spend money. You'll examine your obstacles to reaching your financial goals as you learn how to manage your debt and develop a personal strategy for taking control of your finances.

**Tuesday, October 11, 2022**  
12:00pm – 1:00pm

***Get the Meeting Link Here***

### ***Staying Optimistic - Conquering Negative Thoughts***

An average person has between 12,000-60,000 thoughts per day, 80% of which are negative. These thoughts are part of the survival mechanism in the mind which focuses on more negative details as a form of self-protection.

However, it is not the negative thoughts themselves that are the issue, but rather the importance that we give these thoughts that cause the problem. This session allows participants to learn how to gain control over negative thoughts and turn them into neutral or positive ones, helping to conquer unhealthy and unhelpful habits.

**Thursday, October 20, 2022**  
12:00pm – 1:00pm

***Get the Meeting Link Here***

### ***Monthly Mindfulness Series: Mindfulness for Emotional Strength***

Emotional strength consists of being able to answer in an open way about our emotions, without avoiding those that are more difficult to manage; being able to identify them, as well as managing them adequately, and accepting our own vulnerability. Sometimes we don't allow ourselves to feel our emotions, sensations, or experiences as they are. We avoid seeing ourselves and allowing other to see us in a fragile and unprotected state. But experiencing what displeases us is necessary given that it represents our personal growth. In this Webinar we will discuss how we can improve our emotional strength and how accepting our vulnerability makes us stronger.

**Tuesday, October 25, 2022**  
12:00pm – 1:00pm

***Get the Meeting Link Here***

## ***2022 Stress Management Webinar Series***

### **Managing the Stress of Time and Competing Priorities**

The presentation is designed to help employees recognize how personal organization and use of time contribute to stress levels, while offering practical approaches to prioritizing efforts and maintaining focus on the most important activities in their lives to reduce stress and increase effectiveness.

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

**Date:** Monday, October 24th, 2022

**Time:** 2:00 – 3:00 EDT

***REGISTER***



## **DEER OAKS SEMINARS**

### **OCTOBER ON DEMAND SEMINAR**

#### ***Navigating Your Holiday***

Having successful holidays. The holiday season doesn't have to be stressful. Learn some effective ways to plan, organize, and make the most of your holiday.

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

### **Human Resources**

Allyn Larabee Brown Building  
9 Walters Ave.  
STORRS, CT 06269-5075  
Phone: 860.486.3034  
[hr@uconn.edu](mailto:hr@uconn.edu)  
[hr.uconn.edu](http://hr.uconn.edu)

### **Deer Oaks EAP Services**

Helpline: 888-993-7650  
Web: [www.deeroakseap.com](http://www.deeroakseap.com)  
Email: [eap@deeroaks.com](mailto:eap@deeroaks.com)

### **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/)

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