

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

December 2022

THE EMPLOYEE NEWSLETTER



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THE SUPERVISOR NEWSLETTER



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DID YOU KNOW?

Your EAP Can Help You Find Balance - *no matter how much is on your plate*

Because your to-do list is long enough already, you deserve to benefit from the convenience of having professional daily living consultants provide research assistance, resources, and referrals for matters related to these and other topics:

- Consumer issues
- Emergency services
- Home maintenance and repair
- Pet care
- Travel and recreation
- Dining and entertainment
- Relocation
- Community volunteering



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 DECEMBER WEBINARS

Stress & Its Impact on Your Health

This seminar takes a practical look at the effect stress has on individuals mentally and physically, along with helpful strategies for listening to internal alarm systems and proactively implementing stress management techniques that can improve health, productivity, and life satisfaction.

Wednesday, December 7, 2022
12:00pm – 1:00pm

Register for Session

Healthy Mind Toolkit - Boosting Your Mental Health

Many people become more concerned about meeting other people's needs and expectations at the cost of neglecting their own. It is important to remember that you cannot pour from an empty cup and that taking care of yourself by managing your own health and energy is an essential part of living a happy life. This empowering session will help you learn coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.

Tuesday, December 13, 2022
12:00pm – 1:00pm

Register for Session

Mindfulness Series: A Practice of Gratitude

When we express gratitude, we can value the things that surround us, such as nature, people, or experiences, however insignificant they may seem. Those who express gratitude can fully focus on the details of life that many people miss. This may seem a hard quality to cultivate in such challenging times.

Thursday, December 15, 2022
12:30pm – 1:00pm

Register for Session

DEER OAKS SEMINARS

DECEMBER ON DEMAND SEMINAR

Stress Buster: Managing and Taking Control of Your Life

Proactive strategies to stress less.

Manage your stress in a healthier way and learn some strategies to take control of your life.

Available on-demand starting December 21st
at www.deeroakseap.com.



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Need the UConn Deer Oaks EAP website username and password?

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