

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**FEBRUARY 2023**

## Employee Enhancement Newsletter



[Read and Download](#)

## Supervisor Enhancement Newsletter



[Read and Download](#)

### DID YOU KNOW?

#### **You Can Receive EAP Counseling In-Person, Over the Phone or Through Video.**

We are all busy and taking time for ourselves often gets placed on the back burner. That is why your EAP offers video and structured telephonic counseling in addition to traditional in-person counseling. These telephonic and video counseling sessions can be scheduled at times that are convenient for you. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

#### **Advantages**

- No drive time - saves money on gas
- No time spent in a waiting room
- Participate in a counseling session from the comfort of your home, office, or even your car
- The quality of counseling is the same as face-to-face counseling according to the American Psychological Association

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 FEBRUARY WEBINARS

### ***Effective Stress Management***

Working under excessive pressure for a prolonged period can result in chronic stress, which can have a significant adverse impact on our mental and physical health. Without intervention, stress can contribute to mood disorders, as well as elevated blood pressure, heart rate, and levels of stress hormones.

Without understanding the physical stress response, it can be difficult to develop healthy coping strategies to help us tackle stress in an effective way, causing a build-up of stress hormones in our minds and bodies, which leads to more significant health issues, such as burnout and depression.

**Tuesday, February 7, 2023**

12:00pm – 1:00pm

**[Register for Session](#)**

### ***Become More Heart Smart***

Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated, and it doesn't mean you need to live a life of self-deprivation. Instead, find ways to incorporate heart-healthy habits into your lifestyle—and you may well enjoy a healthier life for years to come.

Join this session to become more heart smart and adopt a more heart healthy lifestyle.

**Thursday, February 23, 2023**

12:00pm – 1:00pm

**[Register for Session](#)**

## DEER OAKS SEMINARS



### **FEBRUARY ON DEMAND SEMINAR**

#### ***Tackling Loneliness***

Loneliness is the feeling we get when our need for rewarding social contact and relationships has not been met. In this session we will learn practical steps to overcome loneliness and build connections.

Available on-demand starting February 21  
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/)

#### **Stay Connected**

