

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**January 2023**

## THE EMPLOYEE NEWSLETTER



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## THE SUPERVISOR NEWSLETTER



[Read and Download](#)

**DID YOU  
KNOW?**

### **Your EAP Can Help You Save Money.**

To help stretch your dollar, you and your family have access to a **FREE** online benefit: **The Savings Center.**

By logging on, you can shop quality name brands at **discounts of 25 to 70 percent off regular retail prices!** You can also save on a large selection of discount tickets. Discounts are redeemable online and via catalogs and select in-store merchants.

**Simply log on to your work/life website and click on the Savings Center tab in the right-hand column.** Use company name **EAP** and code **Workplace Options US** to register, and start saving today!

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 JANUARY WEBINARS

### ***Tackling Unhealthy Habits and Transform Your Life***

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 possible. This session will explore how the science of behavior change can help you tackle common bad habits, such as alcohol consumption, smoking, social media overuse, and unhealthy eating.

**Tuesday, January 10, 2023**  
12:00pm – 1:00pm

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

### ***Mastering Your Money in Difficult Times***

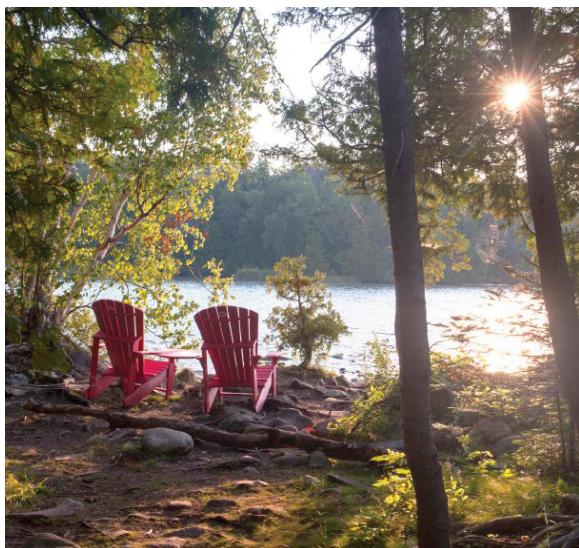
Managing your finances can feel overwhelming, particularly amidst economic and global uncertainty.

This session will guide you through ways to overcome financial anxiety and make practical changes to manage money in a more effective way, from cutting back energy use to changing shopping habits.

**Thursday, January 19, 2023**  
12:00pm – 1:00pm

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

## DEER OAKS SEMINARS



### **JANUARY ON DEMAND SEMINAR**

#### ***Rays of Sunshine***

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

Available on-demand starting January 17th at [www.deeroakseap.com](http://www.deeroakseap.com).

#### **Human Resources**

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#### **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**

