

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

MARCH 2023

Employee Enhancement Newsletter



[Read and Download](#)

Supervisor Enhancement Newsletter



[Read and Download](#)

DID YOU KNOW?

Your Employee Assistance Program (EAP) Can Help You Plan Your Next Vacation.

Are you ready to take a vacation, but just can't find the extra time for the research and planning? Your EAP can help! Our work-life consultants will listen to your needs and conduct the research for you based on your specific parameters such as:

- Dates of travel
- Destination
- Number and ages of travelers
- Passport and immunization information for international travel
- Activities/tourist attractions
- Hotels and dining option
- Flights, departure dates for ships/cruises and ports of call
- Rental car
- Route planning
- Budget

They can even provide referrals to local travel agencies/agents. Generally, you can bundle services and save money that way.



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 MARCH WEBINARS

Tackling Sleep and Stress Fatigue

Sleep is an essential function that allows both your body and your mind to recharge and helps your body remain healthy. Over the past years, the percentage of working adults sleeping insufficiently as increased as well as the percentage of adults suffering from chronic insomnia. Different factors can impact the quality and duration of your sleep

- like the amount of time you spend on screens, physical exercise during the day or your level of stress. Understanding the relationship between stress and the quality of your sleep and the importance of stress and sleep management will allow us to tackle stress fatigue while sleeping better.

Tuesday, March 7, 2023
12:00pm – 1:00pm

[Register for Session](#)

Healthy Eating on the Run

With overweight and obesity being a growing global crisis, the way we eat is becoming a growing concern worldwide, and, now more than ever, it is essential to promote strategies to eat healthier. When you are traveling or on the go at home, being mindful of what you eat can be a challenge, but you do not have to give up eating right. The truth is, healthy eating is even more crucial when you are a person who keeps a busy schedule.

Thursday, March 16, 2023
12:00pm – 1:00pm

[Register for Session](#)

Let's Sleep on It: Building a Healthy Sleep Routine

Sleep is very important for everyone, regardless of age. Some people can get by on less sleep than others, but that does not mean that sleep is any less important for them. In this session we will discuss the types of sleep, steps to help you have better quality sleep, as well as myths about sleep. By the end of this session, you will be able to create a sleep 'program' for yourself by becoming aware of things that you may be doing that are sabotaging your sleep.

Tuesday, March 28, 2023
12:00pm – 1:00pm

[Register for Session](#)

DEER OAKS SEMINARS

MARCH ON DEMAND SEMINAR

Healthy Boundaries

Setting boundaries is good for you and those around you. When you explain what you are okay with and are not okay with, people will understand your limits.

Available on-demand starting March 21
at www.deeroakseap.com.



Human Resources

Allyn Larabee Brown Building
9 Walters Ave.
STORRS, CT 06269-5075
Phone: 860.486.3034
hr@uconn.edu
hr.uconn.edu

Deer Oaks EAP Services

Helpline: 888-993-7650
Web: www.deeroakseap.com
Email: eap@deeroaks.com

Need the UConn Deer Oaks EAP website username and password?

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