

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**JUNE 2023**

## Employee 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! EAP 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 options
- Flights, departure dates for ships/cruises and ports of call
- Rental cars
- 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.**

# PROFESSIONAL & PERSONAL DEVELOPMENT

## UCONN JUNE WEBINARS

### ***Raising Resilient Children***

Resilience is a vital life skill in the current tumultuous and ever-changing world. It is the best gift a parent can give their children. What does that mean for participants as parents and in terms of how they live their lives every day? What does resilience mean and how does it get built? Is resilience something a person is born with or is it something one can learn? This session will give insights on what to do differently to raise children who are more resilient.

**Thursday, June 8, 2023**

12:00pm – 1:00pm

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

### ***Men's Health Matters***

There's a common perception that men hate to go to the doctor and won't go, even if they're feeling sick. This theory has persisted throughout the years. But is it true? Unfortunately, this premise is sound: men do not go to the doctor if they are feeling well. A study has proven that being proactive about health, including accessing preventive services, is the key to living a long and healthy life. So why don't more men access preventive care?

**Thursday, June 15, 2023**

12:00pm – 1:00pm

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

### ***Helping Children Learn Mindfulness***

A child's brain is still developing, like a house under construction. Sometimes they are able to calm themselves, stay still, control their impulses, concentrate or wait. But the parts of the brain that are in charge of these functions are still maturing. They need their families, teachers, or other adults to guide them during their development.

A tool that can help them during their development is mindfulness. Join this session to learn about the benefits of practicing mindfulness with your children.

**Tuesday, June 20, 2023**

12:00pm – 1:00pm

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

## 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](#)**.

## DEER OAKS SEMINARS

### **JUNE ON DEMAND SEMINAR**

#### ***Keeping an Open Mind***

An open mindset refers to a tendency to be receptive to new ideas and information. In this session, we will explore how to keep an open mind about ourselves and others and the benefits of keeping an open mind.

Available on-demand starting June 20th.  
at **[www.deeroakseap.com](http://www.deeroakseap.com)**.



### **Human Resources**

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### **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**

