



Employee Health and Wellness is committed to promoting the health and well-being of staff. It is essential for staff to incorporate health and wellness into their daily life; being vigilant while at work and attentive to their personal needs with family at home.

A “Resource of the Month” is sent via e-mail to spread awareness of the resources that are available to staff and their families.

## **July 2016**

### ***Crisis Text Services***

- [Crisis Text](#): This service is for anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text.
- [Veterans Crisis Text](#): A toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders
- [Stress and Anxiety](#) - It can be hard to keep up with the demands of things like work, school, relationships, financial concerns, parenting and/or taking care of an aging loved one. Listen to this webinar and learn how to conquer your stress and anxiety! [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **August 2016**

### ***Elder Care Assistance***

- [Friendship Line](#) - The nation’s only 24-hour toll-free hotline for adults and adults with disabilities for both a crisis intervention hotline and a warmline to help those who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.
- [EAP Elder Care Services](#) - Evaluate living arrangements, health care, legal rights, and financial concerns of aging loved ones.
- [Avoiding Caregiver Burnout](#) - In this webinar you will learn: 1.The symptoms of caregiver burnout. 2. Situations and circumstances which can lead to burnout. 3. Ways to prevent caregiver burnout. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **September 2016**

### ***Suicide Awareness***

- [Suicide Prevention Lifeline](#) - Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
- [Friends for Survival](#) - Provides a variety of peer support services to those who are grieving a suicide death of family or friends to comfort those in grief, encourage healing and growth, and foster the development of skills to cope with a loss. All staff and volunteers have been directly impacted by a suicide death.



- [When Someone You Love Has Depression](#) - In this webinar you will learn: 1. Types of depression. 2. How to recognize signs of depression. 3. What you can do to help someone with depression. 4. How to take care of yourself while you are helping another. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **October 2016**

### ***Cancer Support***

- [Law Enforcement Cancer Support Foundation](#) - Provide a free emotional support system, guidance and resources to all members of the law enforcement community, during a cancer experience. The network of mentors is comprised of law enforcement cancer survivors who are committed to serve others by upholding bravery, faith, strength and courage during a cancer journey. For more information, visit the site: <http://www.lecsf.net/index.cfm?section=1>
- [Cancer Support Network](#) - Provide one-on-one support to people undergoing treatment for cancer and to their families. We provide this support by training individuals who have recovered from cancer and matching them with cancer patients currently undergoing a similar experience. Through this matching process, we strive to instill hope and to make a difference in their fight against cancer. For more information, visit the site: <http://www.cancerhopenetwork.org/> (Link may only be viewable from home computer.)
- [Living Your Best With a Chronic Condition](#) - Living with a chronic condition can affect your mental health. This webinar will give you information to help you meet your challenges and improve your well-being. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **November 2016**

### ***Law Enforcement Crisis Support***

- [Safe Call Now](#) - a confidential, comprehensive, 24-hour crisis referral service for public safety employees, all emergency service personnel and their family members nationwide. Safe Call Now provides education, healthy alternatives and resources to save lives and put families back together. For more information, visit the site: [www.safecallnow.org](http://www.safecallnow.org) (Link may only be viewable from home computer).
- [Serve and Protect](#) - provide support to first responders and their families when going through tough times whether emotional or spiritual – through compassionate and confidential, comprehensive and collaborative network of professionals who are dedicated to those heroes who serve and protect our communities and homeland. For more information, visit the site: [www.serveprotect.org](http://www.serveprotect.org) (Link may only be viewable from home computer).
- [Sleep and Stress](#) - This webinar will: 1) Describe the sleep system. 2) Explain what happens to your body while you sleep. 3) List things that interfere with sleep. 4) Explain techniques that can help to improve your sleep. 5) Identify specific



techniques to help shift workers improve sleep. 6) Distinguish when it's time to call your doctor. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

## **December 2016**

### ***Holiday Stress***

- [Holiday Stress](#) - Thanksgiving and the winter holidays can be filled with busy schedules, parties, shopping, laughter, but also there can be tension and stress. For many people, the holidays mean time off from regular activities, while sharing good times and good food with family and friends. For others, this can be a frustrating and anxiety-provoking time, due to changes in work and exercise habits and dietary concerns. For many, holidays are shared with family, friends and loved ones, yet for many this can be a difficult or dreaded time.
- [Surviving Grief During the Holidays](#) - The holidays are among the most difficult times for bereaved families. Click the link to find helpful suggestions that may aid in surviving the holidays.
- [Employee Assistance Program](#) - For more tips on beating holiday stress, visit the Employee Assistance Program (EAP) member website for articles, self-help programs and more on stress management. Remember, your EAP is here around the clock to connect you to a licensed professional if you need more support. Call EAP at 1-866-327-4762 or visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) (Due to restrictions, you may not be able to access this from work).
- [Surviving the Holidays](#) - This webinar will cover the following objectives: 1) Identify common threats to holiday survival, 2) Review practical strategies to neutralize these threats, 3) Share additional resources. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

## **January 2017**

### ***Café Well Health and Wellness Tools***

- [Cafe Well Health and Wellness Tools](#) – find out about healthy tips and tools available through the Employee Assistance Program (EAP)
  - ✓ Get rewarded for actions and activities.
  - ✓ Self-direct with tools and gaming.
  - ✓ Talk openly with health coaches.
  - ✓ Get recommendations through the Health Risk Assessment.
  - ✓ Feel secure managing health in a private environment.
  - ✓ Engage with peers, team-based activities and blogs.
- [How to register to access Cafe Well](#) (Due to restrictions, you may not be able to access this from work).
- [Well-being for a Healthier Body and Mind](#) - Well-being is the state of being comfortable, healthy, and happy. Participants in this webinar will learn about benefits and strategies for improved physical fitness, healthy nutrition, mindfulness,



and managing stress. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

## **February 2017**

### ***Financially Healthy***

- [EAP - Financial Services](#) - Free Initial Financial Consultation. You can be connected with a financial expert for a telephone consultation through your Employee Assistance Program (EAP). You may speak with someone right away, or a financial counselor will call you back within three hours. Phone consultations are at no cost to you and are completed in 60 minutes.
- [Employee Assistance Program](#) - For more tips on financial services, visit the EAP member website for articles, financial planning, and community resources. Remember, your EAP is here around the clock to connect you to a licensed professional if you need more support. Call EAP at 1-866-327-4762 or visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) (Due to restrictions, you may not be able to access this from work).
- [Identity Theft Prevention and Resolution](#) - Protecting valuable personal information as it has become an increasing concern as the number of victims of identity theft has risen. The webinar will highlight strategies to prevent identity theft and offers practical resolutions should you or a family member become a victim of identity theft. [How to Access EAP Webinar](#) (Due to restrictions, you may not be able to access this from work).

## **March 2017**

### ***Substance Abuse***

- [EAP - Substance Abuse Resources](#) - offers clinical counseling for alcohol abuse and provides information through web-based care, webinars, and online resources. Remember, your Employee Assistance Program is here around the clock to connect you to a licensed professional if you need more support.
  - ✓ Call EAP at 1-866-327-4762 or visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)
  - ✓ [Step-by-Step Instructions to Access EAP Substance Abuse Resources](#)
- [When Someone You Love Has an Addiction Webinar](#) - In this webinar you will learn:
  - 1) The definition of addiction.
  - 2) How to identify signs, symptoms and behaviors of addictions.
  - 3) About options for you and your loved one with an addiction.[How to Access EAP Webinar](#)

## **April 2017**

### ***Military Support Resources***

- [EAP – Military Support Resources](#): EAP offers many tips and articles on preparing for, and coping with deployment, for employees and their families. This link provides you with a list of topics and how to access them. Remember, your



Employee Assistance Program is here around the clock to connect you to a licensed professional if you need more support. You can call EAP at 1-866-327-4762 or visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) ([How to Access EAP Resources](#))

- [Military Mental Health Resources](#): Tips on managing mental health from Real Warriors, a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. You can access the Real Warriors website [here: http://www.realwarriors.net/](http://www.realwarriors.net/) (due to restrictions you may not be able to access this website at work).
- [Veterans Crisis Text](#): A toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.
- [Trauma and Post Traumatic Stress Disorder \(PTSD\)](#) - In this webinar, participants will learn about Trauma, PTSD, the difference between them, optimal treatments for both, and specifics around military and civilian populations. [How to access EAP Webinars](#)

## **May 2017**

### ***Mental Health Awareness***

- [Mental Health Matters](#): These informational sheets provide you with resources and tips to start a conversation about mental health and are provided by California's Mental Health Movement with the goal of amplifying the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve. You can visit the Each Mind Matters website here (due to restrictions you may not be able to access this website at work): <http://www.eachmindmatters.org/>
- [EAP – Mental Health Resources](#): EAP offers many tips and articles on staying mentally fit with tips like restoring your mind and body with sleep, fighting anxiety, and calming moods. Remember, your Employee Assistance Program is here around the clock to connect you to a licensed professional if you need more support. You can call EAP at 1-866-327-4762 or visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) ([How to Access EAP Resources](#))
- [Strategies for Achieving Emotional Wellness](#): In this webinar you will define emotional wellness, describe the signs of poor emotional health and identify strategies to improve your emotional wellness. [How to access EAP Webinars](#)

## **June 2017**

### ***Work-Life Balance***

- [Work-Life Services](#) – For many people, it's a challenge to balance family life and work. We offer work-life solutions to everyday problems that include legal



consultations, financial consultations, child and elder care, identity theft recovery, and education and career development. [How to access EAP services](#)

- LifeMart Discount Center – Life is expensive. LifeMart, our member discount program, makes everyday life a little more affordable, and a lot more fun. Visit LifeMart to access hundreds of deals on nationally recognized brand-name products and services, all in one convenient location. And don't worry, access is free! [How to access the LifeMart Discount Center](#)
- Visit LifeMart Discount Center to Save on Your Everyday Needs, including:
  - ✓ Hotels
  - ✓ Car Rentals
  - ✓ Electronics
  - ✓ Movie Tickets
  - ✓ Theme Park Tickets (East)
  - ✓ Theme Park Tickets (West)
  - ✓ Child Care
  - ✓ Home & Auto
  - ✓ Restaurants
  - ✓ Grocery Coupons
  - ✓ Flowers & Gifts
  - ✓ Local Deals
  - ✓ And much more!
- Managing Your Energy for Better Work-life Balance: This webinar will discuss the following information: 1) Managing time versus managing energy. 2) The four types of energy levels. 3) Identify what influences energy levels. 4) How to create positive energy rituals. [How to access EAP Webinars](#)

## **July 2017**

### ***Personal Development***

- [Tele-EAP Coaching](#)– Tele-EAP coaching offers the opportunity to speak with a professional coach about day-to-day challenges and/or difficult situations. Members can engage with their coach over the phone, or by video teleconference, at a time and place convenient to them, without having to worry about travel time or traffic. Sessions are unlimited and last approximately 40 minutes. Members can participate in coaching sessions whenever they feel the need and if further assistance is necessary, including face-to-face counseling, the coach will help arrange for that as well. The Tele-EAP coaching service is available for staff and their eligible dependents and can be accessed as much as possible. Once you call the EAP toll free number, an EAP intake consultant will ask you a few questions to determine if a Tele-EAP coach is right for you. Get started today by calling your program toll-free number 866-327-4762.
- [Revitalizing Relationships](#)- Happy Relationships Can Improve Health and Longevity. In this article, you will learn tips to help revitalize your relationships.



- [8 Ways to Destroy Your Relationships – and How to Avoid Them!](#) This example-filled webinar presents what we oftentimes do that destroy our relationships, and then clearly explains what to do differently to avoid the pitfalls of relationship failures. From flops to fantastic! [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **August 2017**

### ***Emotional Health***

Research shows in study after study, happiness and wellbeing often has little to do with age, income levels once basic needs are met, gender, or where you live. Increasing your level of happiness and wellbeing can be as simple as making your close relationships a priority, engaging in meaningful activities that you enjoy, and focusing on the positive things in your life. Log into the EAP website for more information. [How to Access EAP Resources](#)

- [What to Do About Worrying](#) – Cultivating happiness can be challenging during difficult times, but it's not only possible, it can have positive impact on our emotional and physical health. Excessive worrying not only creates anxiety, it stops you from enjoying the good things that are happening in your life right now. Learn how to have [Less Worry, More Happy](#) in your life with EAP.
- [The Happiness/Wellbeing Connection](#) - Research shows that people with high levels of wellbeing have strong social connections, feel productive at work and involved in their community, and have a decreased risk of disease, illness, and injury. Wellbeing is also associated with a positive outlook and healthy behaviors:
- [Resources for Help with Childcare and Eldercare](#)– Many people are part of the “sandwich generation” and balance their time caring for their own families and their aging parents. Finding the right resources for a child or an older adult can be a challenge. EAP can provide guidance and referrals, and help state employees understand their options for care.
- [Cultivating Happiness: How to Create Your Own Happiness Regardless of What Life Throws at You](#): In this webinar, participants will learn about emotional intelligence, the power of positive thinking, and methods and tools to grow your own personal sense of happiness. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **September 2017**

### ***Stress Management***

We've probably all felt stress. Sometimes it's brief and highly situational, like being in heavy traffic. Other times, it's more persistent and complex—remember [EAP](#) is confidential and available to you and your eligible dependents any time day or night – all



at no cost to you. Log into the [EAP Website](#) for more information. [How to access EAP services](#)

- [Breaking Bad Habits](#) – Maybe it's overeating, smoking, or being chronically late. While there is no single foolproof way to break bad habits, there are several approaches you can try. The first step is to become more aware of the emotions or circumstances that trigger the habit. The next step is to come up with a plan or strategy to counteract it. Breaking a habit of worrying takes practice. Methods of self-help involve learning to stay calm and replacing negative thoughts with positive ones. Learn how to [Make Room for Healthy Habits](#) in your life with EAP.
- [Stress Relief and the Mind-Body Connection](#): It can seem as though we're always on the go. This chronic stress can lead to illness, depression and strain on relationships. In this webinar you will learn about the mind-body connection and how it relates to stress, identify symptoms of a disconnected mind and body and learn how to boost your mind-body connection. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **October 2017**

### ***Wellbeing***

The EAP website has multiple services one can incorporate into their daily living to promote well-being. EAP offers you and your eligible dependents, no-cost, confidential assistance anytime it is needed. [How to access EAP services](#)

- [Healthy Habits](#) – Make small and consistent changes in your routine if you want to develop healthy habits.
- [Emotional Health and Wellbeing](#) –Your resource for help with daily challenges and difficult situations.
- [Creating Healthy Habits for a Healthy Weight](#) This webinar will focus on healthy habits and weight loss. Topics covered include 1. Reasons for not losing weight. 2. An explanation of the impact of negative thoughts on unsuccessful weight loss. 3. How you can change negative thinking. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **November 2017**

### ***Family Matters***

- [Family Matters](#) - Building a successful family is like building a home: Both need a plan. successful family based on unity and love takes careful planning, but it's worth every moment.
- [Retirement Services](#) – Retirement planning doesn't have to be overwhelming and time consuming. EAP offers you many different resources for your specific needs, wherever you might be in life. It is never too early to start planning for retirement.



- [Managing Family Relationships](#) - Strong family ties can be an important source of emotional support, love, and security, and have positive effects on your emotional and physical health.
- [Enhance Your Relationship with Better Communication](#): In this webinar you will: 1. Define the benefits and components of effective communication. 2. Describe the consequences of ineffective communication. 3. Discuss techniques to improve your communication skills. 4. Learn ways to communicate with difficult people. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **December 2017**

### ***Promoting a Healthy Workplace***

- [Promoting a Healthy Workplace](#): Promoting a healthy workplace just makes good business sense – for you and your employer. Companies that support a healthy workplace save on health care costs, have more productive employees and realize a boost in employee morale.
- [Emotional Intelligence](#) – People with a high degree of emotional intelligence understand their own strengths and weaknesses and can relate to the emotional needs of others.
- [Emotional Health and Wellbeing](#) - Your Employee Assistance Program is completely confidential and is available to you and your family members at any time, day or night — all at no cost to you.
- [How to Improve Your Relationship with Management for Organizational Success](#): In this webinar, participants will learn skills, personality traits and behaviors that contribute to building positive employee to leadership relationships and ultimately personal, professional and organizational success!! [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **January 2018**

### ***Resiliency***

- [Building Resilience: Your True Grit](#) – The ability to persevere in challenging times is the hallmark of resilience and true grit. This month’s article explores ways to withstand life’s stresses and setbacks with confidence and determination. It features lifestyle factors that enhance resilience, promote a positive attitude, and create a mindset of looking for solutions and taking decisive action. Being “gritty” can help people stay on course to meet their goals, no matter what obstacles they encounter.
- [NEW EAP FEATURE! Telehealth](#) – A convenient and confidential service that allows you to meet with an EAP provider via video teleconference – all at no cost to members. Please note that Telehealth counts as a face-to-face session.



- [Resiliency -Learn to Recover from Adversity, Grief, and Trauma:](#) In this webinar, participants will learn what it means to be resilient, common characteristics of resilient people, and tips to build personal resilience. [How to Access EAP Webinar](#) (due to restrictions, you may not be able to access this from work).

## **February 2018**

### ***Conflict Resolution***

- [Resolving Conflicts at Work](#) – At one point or another, people are bound to have differing opinions and disagree with each other at work. Handling disputes in a constructive way, before tensions erupt into full-blown conflict, is a skill that can be developed and practiced by anyone. Read the article to learn tips to get along with others in the workplace, communicate better, and handle disagreements respectfully.
- [EAP FEATURED BENEFIT: Coaching](#) – Professional coaching helps employees find solutions for balancing work and home life, reducing stress, and time management. Talking with a coach can result in less stress, increased self-confidence, improved productivity, and better life balance. You can meet with coaches over the phone or by video teleconference.
- [Techniques for Managing Anger and Communicating with Influence:](#) In this webinar, participants will explore their own style of anger expression and triggers, recognize the source of anger and how to better manage, learn universal strategies to improve work and personal communications, and transform the way they view existing communication problems. [How to Access EAP Webinars](#) (due to restrictions, you may not be able to access this from work).

## **March 2018**

### ***Becoming More Self-Aware***

Self-awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-awareness allows you to understand other people, how they perceive you, your attitude and your responses to them. As you develop self-awareness you are able to make changes in the thoughts and interpretations you make in your mind. Self-awareness is the first step in creating what you want and mastering your life.

- [The Importance of Critical Thinking](#) – Self-awareness and critical thinking skills can help us make better decisions. Critical thinking is the ability to think in a fair-minded and objective way. Thinking clearly and rationally about an issue or problem requires using reason, logic, and empathy.
- [Educational and Student Resources](#) – School-age children can face challenges at any time during the year. Whether it's homework struggles, time-management, finding ways to encourage reading, preparing for a new school year, or getting



ready for college – students of any age need support and encouragement to be successful in the classroom.

- [Managing Your Energy for Better Work-life Balance](#) – This webinar will discuss the following information: 1) Managing time versus managing energy. 2) The four types of energy levels. 3) Identify what influences energy levels. 4) How to create positive energy rituals. [How to Access EAP Webinars](#) (due to restrictions, you may not be able to access this from work).

## **April 2018**

### ***Managing Relationships and Money***

If there's one thing you can count on in April, it's tax time. The good news is that it is also Financial Literacy Month, and this month's article and live webinar give tips on how to communicate effectively with your partner about money.

- [Managing Relationships and Money](#) -They say money can't buy happiness, but when it comes to your relationship, talking openly about money goes a long way. This month's article focuses on the importance of healthy conversations about money, how your attitudes toward money influence your choices, and offers tips on smart money management, like budgeting and saving.
- [EAP Financial Services](#) - Financial concerns can create stress and worry. EAP offers a variety of online resources and financial consulting services to assist employees and eligible family members with a wide range of financial topics such as budgeting, debt consolidation, loans, mortgage assistance, retirement, saving for college, IRS matters, and more.
- [Taking Control of Your Finances](#) - Creating a plan for your financial future is essential if you want to accomplish specific goals. Here are few tips to help you take control and make a plan.
- [Relationships and Money](#) – Statistics say that money problems negatively influence our relationships. In this webinar, you will receive the tools for and confidence in removing stress and frustration from your money conversations, including how to assess your personal history with money, best practices for marriage and money, teaching children about money, and establishing ground rules with family. [How to Access EAP Webinars](#) (due to restrictions, you may not be able to access this from work).

## **May 2018**

### ***May is Mental Health Month***

EHW and California's Mental Health Movement, [Each Mind Matters](#), invite you to join Californians in spreading awareness about the importance of mental health.

- [It's Mental Health Matters Month. Proudly Wear Your Lime Green!](#) - Did you know lime green is the national color of mental health awareness? Wearing lime



green can help start conversations with people who do not know about the mental health movement. You can even decorate your workspace with lime green items! For more information on how to start a conversation about mental health, go to [eachmindmatters.org](http://eachmindmatters.org).

- [Building Mental Health Awareness](#) - **One in six American adults lives with a mental illness.** Chances are you know someone or have a family member who has a mental illness. [Click here to read this month's article on building mental health awareness.](#)
- [EAP Resources for You and Your Family.](#) - When it comes to emotional health, finding the care and support you need can be hard. The good news is, you can [boost your mental health](#) by accessing [EAP Telehealth](#) and [Web-Based Confidential Care](#) to help you or your family members receive the support you need, when you need it, and in a way that is most comfortable to you.
- [Webinar: Mental Health Awareness - What You Need to Know](#) – In this webinar, you will learn the difference between mental health and mental illness and how to recognize the warning signs. You will also learn how to help yourself or others with mental health issues and gain resources for promoting mental health. [How to Access EAP Webinars](#) (due to restrictions, you may not be able to access this from work).

## **June 2018**

### ***Strengthening Relationships and National Safety Month***

With the long summer days coming up, many families look forward to slowing down and spending more time together. This month, EHW shares with you resources and tips for strengthening your relationships with your loved ones and summer webinars for employees and managers. June is also National Safety Month, and EHW has some resources for you on staying safe at work and in the home.

EHW wants to remind you about practicing self-awareness when you are inside and outside of your work areas and buildings. EHW recommends:

- Safety in numbers! Enjoy your walks outside with a friend or two.
- Be aware of your surroundings, not just the landscape but those in it, including what is behind you.
- Plan your route ahead of time.
- Remember, your life and safety is worth more than any personal property.
- Always keep purses, wallets, and valuables in a secure area (i.e. desk drawer) or locked in your vehicle.
- Always escort visitors within secured areas.
- Never prop open or prohibit doors from closing and securing properly.



This month, the National Safety Committee would like to remind you to have a fun and safe summer. One way to do this during National Safety Month is to create a family emergency plan. Click [here](#) for tips on preparing for the unexpected.

- [Strengthening Family and Marital Relationships](#) - Did you hug someone in your family today? Check out this article on strengthening your relationships.
- [Strengthen Your Relationships](#) – Building strong bonds with the people who are most important to us is the foundation for emotional health. Learn more with these tips.
- [Physical and Emotional Health](#) – Eating better, exercising more, and feeling happier are worthy goals no matter what time of year people choose to start. These goals can directly affect how we manage our relationships and improve our family bonds. Learn more with EAP.
- [Revitalizing Relationships](#) – Health relationships are not only emotionally satisfying, they can also help you live longer. Take a look at these ways to boost your relationships and your healthier life.
- [Webinar: Strengthening Committed Partner/Marital Relationships](#) – This webinar will focus on learning how to improve communication, deal with anger and improve emotional intimacy within a committed relationship.. [How to Access EAP Webinars](#) (due to restrictions, you may not be able to access this from work).
- [Managers Webinar: Practicing Mindful Leadership](#): This webinar will define mindfulness and how it pertains to leadership; why mindfulness is important in the workplace, how to put mindfulness into practice in your leadership role, and ways to encourage employees to be mindful at work.

**Log into the [EAP Website](#) for more information. [How to access EAP services](#). Please note: the EAP website and webinars may not be compatible with all mobile devices. For additional resources visit the EHW site: <http://www.cdcr.ca.gov/Wellness/index.html>**