

Employee Assistance Program (EAP)

## Monthly Publications

April 2020



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### Working Solutions

Exercise Motivati<sup>o</sup>nn Tip: Sign a Contract  
Intervening with a Troubled Teen  
COVID-19: Reducing Fear & Anxiety  
... and more

[English](#)   [Spanish](#)

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### Balanced Living

#### Secrets to Building Your Confidence at Work

Training and talent can help you do your job well and keep you moving forward in your career. But your performance can take a nosedive when your self-confidence is on the skids.

#### **Featured Articles:**

Raising Emotionally Healthy Kids  
Maintaining Your Mental Equilibrium

[Read More](#)

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### Wellness News

#### Alcohol Awareness: How Much is Too Much?

While enjoying an alcoholic beverage on occasion is unlikely to harm your health, drinking in excess can have considerable negative effects on your body and well-being.

#### **Featured Articles:**

Distracted Driving Awareness

**Recipe:** Roasted Spring Asparagus

**Health Tip:** Spring Allergies

Alcohol Health Benefits: Weighing Risks & Potential Benefits

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### Benefit Spotlight

#### HelpNet

#### Your On-line Source for Information that Matters to You

A gateway to access online options for employees, and their household, to maintain a healthy balance between work, family, and individual needs.

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[English](#) [Spanish](#)

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*Alliance Work Partners is here to assist you with a variety of needs.*

Every employee is eligible to use the EAP. It's a confidential service to help employees, and their household members, address stressful situations.

**Call 1-800-343-3822 to get started.**

You'll speak with an Intake Counselor and they will review your no-cost options.

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## LifeStyle Tip Sheet

### Laughter Yoga

Laughter and joy - the benchmarks of humor - lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

[View PDF](#)

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### April is National Humor Month

April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Laughter can actually improve our health and laughter is fun! After all, you can't feel sad or angry when you're laughing, right? Laughter itself changes us physiologically - it boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body's tissues. Our facial muscles stretch and we burn calories when we're laughing. In fact, the mere act of smiling can alter your mood almost immediately.

[Read More](#)

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## Webinar Recording Available

### Mental Health Awareness

recorded 3/11/2020

According to a survey conducted by the CDC in 2016, nearly 1 in 5 adults age 18 or older reported any mental illness. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act even in the workplace. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

[View Webinar](#)

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## Preparedness & Response

### Stay Calm & Reduce Fear During the COVID-19 Pandemic

With coronavirus (COVID-19) now a global pandemic, anxiety and stress levels may be higher than normal for many people. If you already struggle with mental health problems, you may worry about the impact of COVID-19.

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Life sometimes catches us off guard. Your AWP EAP website has toolkits to support you before, during and after whatever event or emergency you're managing. Visit and browse today!

<https://www.awpnow.com/main/disaster-preparedness/>

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*here for you as life happens ...*

## **Coronavirus | COVID19**

COVID-19 (Coronavirus Disease 2019) is a potentially deadly and highly contagious virus that can be transmitted through human-to-human contact. If you are an older American or suffer from a preexisting condition, including heart or respiratory issues, the Centers for Disease Control and Prevention (CDC) has advised that you stay at home as much as possible, especially if confirmed cases of COVID-19 exist in your local area. Staying aware of the current situation, actively working to maintain your overall health and wellbeing, and preparing for a potential outbreak in your local community are the best steps you can take right now.

In this special resource section, you'll learn about coronaviruses, find resources related to the current spread of the illness, and discover the steps you should take to prepare your family for the daily living challenges that may arise as the virus spreads to your local community. From caring for children in isolation and adjusting to remote work from home to how to properly seek medical attention to treat the illness, these resources will help you take charge of your situation.

**[Read More](#)**

### **Resources**

**[The Greater Good | A Guide to Well-Being During COVID-19](#)**  
**[Centers for Disease Control](#)**  
**[World Health Organization](#)**  
**[WHO | COVID-19 Advice for the Public: MYTHBUSTERS](#)**  
**[Google COVID-19 Information & Resources](#)**

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**We are available to you 24 hours a day, 7 days a week:**

**1-800-343-3822**

**TDD 800-448-1823**

[www.AWPnow.com](http://www.AWPnow.com)

Contact your Account Manager at [AM@alliancewp.com](mailto:AM@alliancewp.com) for PDFs and/or additional topics | content | information.



*Alliance Work Partners is a professional service of Workers Assistance Program.*

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## **Visit Your EAP Blog Today**

Have you checked out your AWP EAP Blog?

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Here's a snapshot of what you may have missed:

[If You Suddenly Work Remotely, Communication Matters More Than Anything Else](#)  
[Being Optimistic When the World Around You Isn't](#)  
[Prevent Overeating When You're Working From Home](#)  
[Bodyweight Exercises for Fast Fitness Anywhere](#)

... and much more. Highlighting news, resources, conversations and features for our valued customers. Be sure to visit often to see what's new.

*Optimized for all devices including: desktops, laptops, tablets, smart phones and more.*

**<https://www.awpnow.com/main/blog/>**

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### **Publications Archive**

*We're here for you as life happens!*

Alliance Work Partners (AWP) is your Employee Assistance Program (EAP) offering you and your family valuable, confidential services at no cost to you. Designed to help you manage daily responsibilities, life events, work stresses or issues affecting your quality of life, AWP is available to take your call 24 hours a day, 7 days a week ~ 1-800-343-3822.

Visit your customized EAP website

**[www.AWPnow.com](http://www.AWPnow.com)**

To create an online account, Select "Access Your Benefits"  
First Time Log-in use your registration Code.

*Need your registration code? Email us at <[AM@alliancewp.com](mailto:AM@alliancewp.com)>*

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