

Employee Assistance Program (EAP)

## Monthly Publications

August 2020



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### Working Solutions

Managing "COVID Fatigue"  
Taking Charge and Facing the "New Normal"  
Reduce Screen Time & Be More Productive  
... and more

[English](#)   [Spanish](#)

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### Balanced Living

#### Pushing Past Your Plateau

We promise ourselves we'll change our lifestyles for better health. We start diets, launch exercise programs or try to quit smoking. And then we stall. We hit a plateau, putting us at risk of losing precious gains or quitting altogether. A healthy lifestyle change is just that -- change. "A lot of people believe that change is easy, but we are fundamentally conservative creatures, and we don't change until we have to" ...

#### Featured Articles:

New School Year Readiness  
Your Digital Footprint

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### Wellness News

#### Healthy Eating on the Go

While eating healthy on-the-go can be difficult, there are plenty of healthy options that are portable and enjoyable. The key is to make sure your snacks are nutritious, minimally processed, and protein- and fiber-rich. Protein promotes fullness because it signals the release of appetite-suppressing hormones, slows digestion, and stabilizes your blood sugar levels.

#### Featured Articles:

Healthy Kid Friendly Lunch Ideas  
**Recipe:** Roasted Red Peppers with Basil  
**Health Tip:** Benefits of Berries  
National BreastFeeding Month

[English](#)   [Spanish](#)

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## Benefit Spotlight

### Stress Free Back-to-School

Whether you're actually going "back to school" or just anticipating the fall, you may feel a crunch during this change of season. Follow these tips to help carry your carefree summer spirit into the fall!

#### [Read More](#)

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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

### Self-Care Strategies

You can't always control the circumstances that life throws your way, but you *can* control how well you take care of yourself. When you're taking good care of your body and mind, you can be more resilient toward whatever comes, use the resources you have in your life to their fullest, and become less reactive toward the stress you face.

#### [View PDF](#)

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## Webinar Recording Available

### Problem Solving

recorded 7/8/2020

Having a ready formula for tackling all types of issues can help you and your team avoid frustration and stagnation. Learn the steps you can practice to be prepared for any challenge.

#### [View Webinar](#)

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## Preparedness & Response

### Wildfire Preparedness

National trends show that wildfire risk and the size of many wildfires are growing. Due to increasing wildland fire activity over the past decade, NFPA experts and community leaders continue to educate residents and communities about what they can do to prepare before a wildfire strikes their area.

#### [View PDF](#) | [Read More](#)

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## Hurricane Season Begins June 1st

Preparation is the best protection against the dangers of a hurricane. Know the difference between the threat levels and plan accordingly.

- [Hurricanes | Ready.gov](#)
- [National Hurricane Center](#)
- [American Red Cross](#)

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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*

### Tips for Pedestrian Safety

Drivers and pedestrians alike share the responsibility of keeping themselves and others on the road safe. Many strides have been made by the Federal Highway Administration to increase pedestrian safety. Infrastructure improvements have added a variety of safety measures, including more medians and redesigned roads allowing for better pedestrian/bicycle traffic flow.

[Read More](#)

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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?

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

[Work Ergonomically Anywhere](#)

[When Do You Need to Drink More Water?](#)

[Fun Summer Activities that Promote Learning](#)

[Sportsmanship ... and why it matters](#)

... 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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