

Employee Assistance Program (EAP)

## Monthly Publications

December 2020



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### Working Solutions

Tips for Post-Election Holiday Gatherings  
Pandemic Pain and Young People  
Health Effects of Loneliness  
... and more

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

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### Balanced Living

#### Living a Life in Balance

Do you feel like your life is too complicated? Are you often torn between your work and home responsibilities? "If so, you're not alone, and you don't have to despair," says Odette Pollar, president of Smart Ways to Work, a personal productivity firm in Oakland, Calif., and author of Take Back Your Life. "You can gain peace and relief by making a conscious effort to reduce the complexities in your life and achieve balance."

#### Featured Articles:

Personal Budgeting: What You Want Versus What You Need  
Social Media and Negative Self-Impressions

[Read More](#)

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### Wellness News

#### Managing Holiday Stress

The holiday season often brings unwelcomed stress and depression as well as presents an array of demands — cooking meals, shopping, baking, cleaning, and entertaining. Holiday plans may look different during the COVID-19 pandemic, also causing anxiety and stress.

#### Featured Articles:

Exercise for Stress Management  
**Recipe:** Cranberry – Citrus Meatballs  
**Health Tip:** Handwashing for Flu Prevention  
National Influenza Vaccination Week 2020

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

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## Benefit Spotlight

### Holidays & Your EAP

#### *'Tis the Season ...*

The Holiday Season has a variety of emotions, challenges, expectations and possibilities. Your EAP has free and confidential resources to address the issues you face so you can enjoy the full potential of the season.

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

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### SafeRide

[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

### Healthful Holiday Season

Holiday meals and gatherings don't have to expand your waistline or break the bank. Less is more, simple is best!

[Read More](#)

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## Webinar Recording Available

### Managing Holiday Stress

11/11/2020

Gifts to buy, food to cook, travel to arrange, and that one family member that you're better off avoiding. It starts earlier every year, and somehow you're expected to enjoy yourself. Make this year different, with proactive steps that make the season memorable and the stress manageable.

[View Webinar](#)

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## Preparedness & Response

### Protect Yourself from Identity Theft

**Identity Theft Can Cost You Thousands**

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When someone fraudulently used your personal identifying information to their own purposes, that is identity theft, whether it is to obtain credit, get a loan, open a bank or credit card account or obtain an I.D. card. Alliance Work Partners (AWP) recognizes that identity theft is on the rise and chances are you or someone you know has been a victim. Your EAP provides multiple resources to avoid and address Identity Theft.

### **Read More**

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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*

### **Stress Management**

Your EAP offers multiple solutions to assist you in managing stress and building your resilience. This supports you both personally and professionally in your daily life. Your EAP and workplace wellness program can't de-stress everything you face - it can help with the physical effects of stress and help the employee cope with the environment they are in.

### **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:

**[Holiday Eats & Treats](#)**

**[Help for Caregivers](#)**

**[Social Distancing Activities to Try During Coronavirus](#)**

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## **Awesome Holiday Activities For You and Your Family**

... 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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