

Employee Assistance Program (EAP)

Monthly Publications

June 2020



Working Solutions

Fried Food and Focus Don't Mix
Loneliness as a Health Concern
Curb Impulse Purchases to Save Money
... and more

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

Balanced Living

Encouraging Workplace Diversity

The workplaces of the 21st Century are becoming increasingly diverse. Most organizations employ a variety of people of different cultural backgrounds, religions, sexual preferences, nationalities, and others. Regardless of your personal biases or fears, the workplace is changing. It's important for you to understand that your professional reputation and future success will depend on your ability to accept and embrace the differences of others.

Featured Articles:

Motivation for Maintaining Your Momentum
Dealing with Conflict

[Read More](#)

Wellness News

Migraine and Headache Awareness

Long gone are the days that a migraine is looked at as just another type of headache. According to NIH, researchers believe that a migraine is the result of fundamental neurological abnormalities caused by genetic mutations at work in the brain.

Featured Articles:

Managing Stress for Your Health

Recipe: Coconut Quinoa

Health Tip: Headache Prevention

Mens Health - Prevent the Top Threats

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

Benefit Spotlight

Retirement

Thinking about retirement? Include a call to your EAP.

For years, many Americans have looked forward to their retirement, when they can stop working and relax ...

[Read More](#)

Summertime & Your EAP

Your EAP is available all summer long. School is out and it is time to relax. Sometimes summer seems busier than the school year. Your EAP can help. We're here all summer long and ready to assist.

[Read More](#)

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.

LifeStyle Tip Sheet

Stay Fit This Summer

Just because it is hot doesn't mean you can't work out – just be smart about it.

[View PDF](#)

Webinar Recording Available

Defusing Hostile Customers

recorded 5/13/2020

If you provide service to others, you may often find yourself interacting with customers who are frustrated past the point of politely asking for help. It is important to know that your reaction and level of professionalism will dictate the outcome of this type of situation in most if not all cases.

[View Webinar](#)

Preparedness & Response

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](#)

[View PDF](#)

June is National Safety Month

Tips, tools and resources for everyday life.

[Read More](#)

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/>

here for you as life happens ...

Because Life Happens

Sometimes, when life happens, there is tragedy. We are seeing a lot of tragedy in America and around the world.

However you may find yourself impacted, whether it be related to anxiety around health, employment status and uncertainty, or tensions resulting from racial and civil unease, AWP can help. We all have normal and customary stressors in our everyday lives that are already difficult to navigate. Having these other extraordinary considerations thrown in to the mix is a dangerous and volatile recipe. What do we do when we go from some people hurting to most people hurting?

Emotions are so high. The environment is so pressurized. Disagreement seems to be the only thing upon which we all agree. One crisis on top of another.

It is hard.
It is exhausting.
It is frustrating.
It is crazy-making.

AWP is here for you as life happens.

We are here with ears to listen. We are here with hearts that care. We are here with respect. We are here for all.

We are here for you. Please call us at 800-343-3822.

Read More:

- [Because Life Happens](#)
- [Resilience](#)
- [Mental Health | You Are Not Alone](#)
- [The Greater Good | A Guide to Well-Being During COVID-19](#)

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

1-800-343-3822

TDD 800-448-1823

www.AWPnow.com

Contact your Account Manager at AM@alliancewp.com for PDFs and/or additional topics | content | information.



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

Visit Your EAP Blog Today

Have you checked out your AWP EAP Blog?

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

[The Surprisingly Easy Move That Can Make You Happier and Boost Your Energy Instantly](#)

[How Our Brains Can Find Peace in a Crisis](#)

[Why Do We Even Listen to New Music](#)

[Tips to Initiating Caregiving Discussions with Aging Parents](#)

... 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/>

[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

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>

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