

Employee Assistance Program (EAP)

Monthly Publications

May 2020



Working Solutions

Don't Tough Out Acute Stress Disorder
Avoid Virtual Harassment as a Remote Employee
Managing Workplace Criticism
... and more

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

Balanced Living

Keeping Your Spirit Healthy

People talk about the importance of keeping their lives in balance. But when it comes down to it, few people really know how to achieve it.

Featured Articles:

How to Lower Your Financial Stress
How to Feel Good When Your Life Isn't Perfect

[Read More](#)

Wellness News

Mental Health Awareness

According to the National Institute of Health, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important because it helps us to be physically healthy, build and have good relationships, and work productively.

Featured Articles:

May is Arthritis Awareness Month
Recipe: Vegan Chickpea Salad
Health Tip: Skin Cancer Prevention
Water Exercises for Arthritis

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

Benefit Spotlight

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

Outdoor Grilling Safety Tips

Its grilling season! **Grill Smart | Grill Safe**

[View PDF](#)

May is Mental Health Awareness Month

You Are Not Alone

- **1 in 5** U.S. adults experience mental illness each year
- **1 in 25** U.S. adults experience serious mental illness each year
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the **2nd leading** cause of death among people aged 10-34

May is Mental Health Awareness Month. Trying to tell the difference between what expected behaviors are and what might be the signs of a mental health condition isn't always easy, but identifying a problem early can help lead to the best outcome.

Read More:

[NAMI | National Alliance on Mental Illness](#)

[Bring Change To Mind: Let's Talk About Mental Health](#)

AWP Online: [Mental Health](#)

[EAP Webinar Recordings Available](#)

[What it Means to be Mentally Healthy](#)

Webinar Recording Available

Personal & Professional Resilience

recorded 4/8/2020

This training focuses on the flexible strength of resilient people, and the ways we can develop those qualities within ourselves. Evaluate your approach to the events and challenges that confront you, and learn what you can do to better insulate yourself from stressors.

[View Webinar](#)

Preparedness & Response

Safe Havens in a Storm

Taking shelter is critical in times of disaster. You need to identify safe locations during severe weather – whether at home, work or some other location.

[View PDF](#)

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 ...

Coronavirus | COVID19

While communities continue to work to contain the spread of coronavirus disease 2019 (COVID-19), many parts of the United States are beginning to ease restrictions, reopen some businesses, and prepare to revitalize the economic downturn that has impacted so many lives. While no one can predict what will happen in the coming weeks and months, the effort to return some sense of normalcy to America is moving forward with both optimism and caution.

It's important to remember that a pandemic is controlled by the pace of the spread of a disease. Even as America begins to see some communities reopen, the nation is operating on COVID-19's timeline, and it is still very active across the country. This means that some restrictions will remain in place and the potential for a second wave of infections remains present. Doing your part to help your community means abiding by the guidelines set by state and local governments and following the recommendations of medical professionals.

In our 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

[Why Gratitude Matters](#)

[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:

[Coping With Change](#)

[Benefits of Doodling and How to Get Started](#)

[The Little Things Kids are Appreciating Right Now](#)

[Making Smart Use of Technology without Losing the Personal Touch](#)

... 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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