

Employee Assistance Program (EAP)

Monthly Publications

November 2020



Working Solutions

Hidden Stress Hazards of Remote Workers
Boredom and the Pandemic
Thanksgiving Safety – Yes, It Is Possible
... and more

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

Balanced Living

Looking at Happiness as a Choice

Are you a person who can act on tough questions? Questions like: What am I grateful for? What choices do I have? What actions can I take to improve my life? What are my primary strengths? How can I live a more balanced life? People who can act on these questions likely also describe themselves as happy.

Featured Articles:

Manage Risk to Stay Safe for COVID Thanksgiving
Easy Hacks for Healthier Baking

[Read More](#)

Wellness News

Five Science-Backed Strategies to Build Resilience

When the road gets rocky, what do you do? Resilience practices to help you confront emotional pain more skillfully.

Featured Articles:

Great American Smokeout

Recipe: Roasted Cauliflower Mash

Health Tip: Smoke Free is the way to be

National Diabetes -Heart Health Connection Day

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

Benefit Spotlight

Safe Ride

Your employer encourages all employees and their family members to act responsibly by not driving under the influence of alcohol. To ensure your safety, Alliance Work Partners (AWP) offers SafeRide. SafeRide is intended for those occasions when calling a cab is the right thing to do. The program is provided to you at NO COST and is 100% CONFIDENTIAL.

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

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

Ways to Spot & Avoid Social Engineering Attacks

Social engineering attacks use human interaction to obtain private data or compromise computer systems. The attacker usually seems legitimate, claiming to represent a familiar company, or be a repair person or even a new employee at your organization. They might even have credentials to support that identity. By asking questions, they may be able to piece together enough information to infiltrate your organization's network.

[View PDF](#)

Webinar Recording Available

Cyber-Bullying Awareness in the Workplace

10/14/2020

As a community, we all have a responsibility to say "no" to any form of rationalizing the abusive conduct of others in the workplace. This training fosters awareness of cyberbullying and harassment. It addresses the legal definition of cyberbullying, signs and indicators, and the implications for employers as well as the workplace.

[View Webinar](#)

Preparedness & Response

Winter Safety

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied

by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain. Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events.

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

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**

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:

[Laughter May Be Effective Medicine for These Trying Times](#)

[Coping with COVID-19 "Caution Fatigue"](#)

[The Surprising Health Benefits of a Home Aquarium](#)

Holiday Eats & Treats

... 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>

alliance work partners 

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