

Employee Assistance Program (EAP)

## Monthly Publications

October 2020



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### Working Solutions

SmartMom App Helps Single Parents  
Parkinson's Law—A Remote Worker's Bugaboo  
Election Politics and the Workplace  
... and more

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

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### Balanced Living

#### **Safe Money: Weighing Savings Options in a Low-Interest Rate Environment**

Keeping money in an account whose interest rate hovers below 1% may not hold much appeal in a world where return on investment is king and memories of much higher rates linger. But even amid the current prolonged period of exceedingly low interest rates, there are compelling reasons for consumers to keep cash in a vehicle such as a savings account, money market account or certificate of deposit (CD).

#### **Featured Articles:**

Addressing Harassment  
Separating Your Work Life From Your Home Life

[Read More](#)

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### Wellness News

#### **Healthy Fall Fun**

Fall is the time of the year that cools off the heat of summer, the leaves turn, and the air is crisp. It's a great time to be active outdoors before the winter chill arrives. Whether you are looking for family fun, fun with friends, or an activity by yourself - stay active and healthy this fall with a few activities below.

#### **Featured Articles:**

Home Eye Safety Month  
**Recipe:** Curried Butternut Squash Soup  
**Health Tip:** Clean Out Your Medicine Cabinet  
National Depression Screening Day

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

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## Benefit Spotlight

### Law Access

All of us need legal & financial assistance from time to time. *LawAccess*, a service of Alliance Work Partners offers an inexpensive means to address legal and financial issues, which may arise in the lives of employees and their immediate families.

[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

### Feeling Connected to Others

We are social creatures by nature; this means we need to be around others to feel safe. When you add an uncertain economy, social unrest, and a lack of support, it is understandable that people are overwhelmed - and perhaps agitated without knowing why. We need to physically distance, but we can certainly still be social. It will look different, but the benefits are similar.

[View PDF](#)

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## Webinar Recording Available

### Professional Presence

9/9/2020

As the modern work environment continues to evolve, our appearance and mannerisms are still as relevant as our technical proficiency. From your first interview to your daily attire to your most critical presentation, what messages are you sending about your commitment and credibility?

[View Webinar](#)

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## Preparedness & Response

### Cold & Flu Prevention

Here it comes again, the dreaded cold and flu season. Chances are you've been dealing with these common illnesses throughout your life. So why should you deal with them any differently now? Because as you get older, your body has a harder time fighting off infection. Once you have a cold or the flu, there is a greater chance that it will develop into a more serious illness.

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

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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*

### **Prevent Cyberbullying**

You might look at the internet in private, but anything you share can quickly become very public. Knowing these five types of internet abuse—which have been used by cyberbullies to embarrass, exploit and harass others—as well as strategies for protecting yourself against them, can help you avoid running into problems.

[Read More](#) | [AWP](#) | [Resources](#)

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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:

**[Showing Kindness Can Lower Stress](#)**

**[Watch Your Back: The Right Way to Lift Objects](#)**

**[Ways to Strengthen Your Immune System](#)**

**[How to Avoid Doing Harm When You Discuss Race at Work](#)**

... 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.*

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<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](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)>

alliance work partners 

[AM@alliancewp.com](mailto:AM@alliancewp.com) | **512-328-1144** | **1-800-343-3822** | [www.AWPnow.com](http://www.AWPnow.com)

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Alliance Work Partners  
2525 Wallingwood Dr, Bldg 5  
Austin, TX 78746

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