

Employee Assistance Program (EAP)

## Monthly Publications

September 2020



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### Working Solutions

Kid Solutions to Coping with COVID  
Reduce Squabbles to Increase Productivity While Working from Home  
Benefits of Brisk Walking  
... and more

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

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### Balanced Living

#### How You Can Get a Better Night's Sleep

Despite common belief, aging doesn't cause sleep problems, and seniors don't need less sleep as they grow older. Most older people sleep poorly, or not long enough, because of ailments associated with aging, such as arthritis, physical disabilities, respiratory problems and depression. Lack of exercise, heart disease, anxiety, stress and menopause also can disrupt sleep, and many medications seniors take can cause insomnia.

#### **Featured Articles:**

Resolving Procrastination Right Now  
Advanced Time Management

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### Wellness News

#### What Does it Mean to be Fit?

To be physically fit is being in a state of good health and well-being. There are many definitions for each of these, and they may mean different things to different people. Health is a state of physical, mental, and social well-being, not just the absence of disease or infirmity. Good health helps us live a full life.

#### **Featured Articles:**

Exercise FITT Principle

**Recipe:** Roasted Pear and Butternut Squash Soup

**Health Tip:** Sticking with a Physical Activity Program  
Goal Setting

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

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## Benefit Spotlight

### EAP Counseling

There are times when speaking with someone can help & this support can get you back on track. Your EAP offers short-term counseling for a variety of personal issues.

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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

### The Basics of the Nutrition Facts Panel

People look at food labels for a variety of reasons. But whatever the reason, many consumers would like to know how to use this information more effectively and easily. The following highlights are intended to make it easier for you to use the Nutrition Facts labels to make quick, informed food decisions to help you choose a healthy diet.

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## Webinar Recording Available

### Effective Listening

8/12/2020

With all of the distractions of our fast-paced lives, listening is often difficult but very necessary to make people feel respected in relationships and at work. There are tools we can use to help us do better.

[View Webinar](#)

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## Preparedness & Response

### Carbon Monoxide Safety in Your Home

Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims caught off guard or in their sleep. When the gas builds up in enclosed spaces, people or animals who breathe it can be poisoned. Ventilation does not guarantee safety.

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## Hurricane Season Continues

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](#)

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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*

## Suicide Awareness and Prevention

Anyone can be at risk for suicide. Saving lives starts with recognizing common warning signs. Everyone Plays A Role In Suicide Prevention.

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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:

[Is It Possible to Overcome Implicit Bias?](#)

[Conquer Your To-Do List with this Simple Hack](#)

[The Hidden Stressors of Technology You Should Be Aware Of](#)

[Staying Connected & Resilient for Back-to-School](#)

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... 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)>*

alliance work partners



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