

Employee Assistance Program (EAP)

## Monthly Publications

April 2021



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### Working Solutions

Does Diet Affect Mental Health?  
"ePresenteeism" – A Risk for Remote Workers  
Coping with "Next Day Anxiety"  
... and more

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

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### Balanced Living

#### How to Make a Budget and Stick to It

If you want to keep your spending under control, it's essential to make a budget. A budget allows you to get a handle on the flow of your money—how much you make and how much you spend. With that information in hand, you can make intelligent decisions about what to buy with your hard-earned cash.

#### **Featured Articles:**

Take Charge of Your Time  
Developing Empathy & Compassion to Avoid Division in the Workplace

[Read More](#)

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### Wellness News

#### Stress Awareness Month

Stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

#### **Featured Articles:**

Women's Eye Health Month  
**Recipe:** Roasted Broccoli  
**Health Tip:** Moderate Alcohol Consumption  
Laughter is the Best Medicine

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

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## Benefit Spotlight

### HelpNet

Your EAP offers on-line resources to assist you in navigating the many paths your life takes you. HelpNet is your gateway to access information and resources to maintain a healthy balance between work, family, and individual needs. You will find a host of information that is easy to access in specific areas of interest.

Check out the highlights below:

- **Use the Search Box** to locate what's available by topic, keyword or key phrase.
- **Access e-learning training** by choosing the training option.
- **View archived webinars** on a variety of topics that come up day-to-day.
- **Find legal and financial** forms, documents, calculators and spreadsheets to assist with planning for life events.
- **Build your resilience with the Resilience Journey** - this engaging, interactive program will take you on an enlightening journey that will open your eyes to your life's purpose while teaching you about the five core components of resilience.
- **General and Health Risk Assessments**
- **Recipes**

**Get started today!!**

**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

### Reducing Workplace Stress

You can use simple techniques throughout your workday to manage your stress, feel better and get more done.

**English | Spanish**

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## Webinar Recording Available

### Decision Making Skills

3/10/2021

Whether individually or as a group, we can find ourselves faced with making a call that will affect our jobs, our colleagues, and even our organization. Ensure that you are prepared to make sound choices.

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[View Webinar](#)

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## Preparedness & Response

### Flood Preparedness

Severe weather such as hurricanes, flooding, fires, power outages and other emergencies can result in the loss of power and without power comes food safety challenges. The temperature and sanitation of food storage areas is crucial to preventing bacterial growth, and severe weather and other emergencies can compromise this. Knowing what to do in these instances can minimize the need to throw away food and the risk of getting sick.

[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*

### Alcohol Awareness & Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year and shortens the life of those who die by almost 30 years. Further, excessive drinking costs the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

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

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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**

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## Have you checked out your AWP EAP Blog?

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

**Financial Strategies for Big Families**

**Simple Ways to Relieve Worry, Stress & Anxiety**

**How to Become the Boss of Your Emotions**

**Eat Right When Resources are Tight**

... 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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