Employee Assistance Program (EAP)

Monthly Publications
February 2021

Working Solutions

Language that Empowers Workplace Diversity
Getting Out of a Couples Rut
Don’t Give Up on Your Goal
... and more

English  |  Spanish

Balanced Living

Managing Stress with Exercise
Stress can make you feel drained, anxious, and even depressed. While there are several ways to manage runaway stress, none is as enjoyable and effective as a regular exercise routine.

Featured Articles:
Four Methods to Better Lead Your Team
Finding Balance

Read More

Wellness News

American Heart Month
American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends, and communities involved. According to the American Heart Association, President Lyndon B. Johnson proclaimed the first American Heart Month in February 1964 via Proclamation 3566 on Dec. 30, 1963. The Congress, by joint resolution, requested the president to issue an annual proclamation designating February as American Heart Month.

Featured Articles:
Heart Healthy Foods
Recipe: Vegan Black Been Pasta
Health Tip: Blood Pressure
Exercise for Blood Pressure Management

English  |  Spanish

Benefit Spotlight
Financial Stress | Law Access
Each day, millions of Americans struggle with their finances. Money matters go beyond just not having enough money at the end of the month. The strain impacts health, well-being and relationships. Surveys indicate people sleep less, argue more, eat poorly, gain weight and get sick more often. Your EAP can help you get back on track!

For more information, contact us at am@alliancewp.com

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

Picking a Financial Advisor
Saving for the future is hard enough. Picking a qualified financial advisor can be daunting. However, not all financial planners have the same commitment to your fiscal future.

Read More

Webinar Recording Available

The Science of Forgiveness
1/13/2021

Recent research in the field of psychology has found the act of forgiveness carries tremendous health and social benefits that are essential to any workplace culture. Surely now is a time where we could use more forgiveness in the world. While it may be easier in the moment to hold onto the past or denigrate others who have wronged us, ultimately this carries negative consequences for our physical, emotional, mental, and social well-being.

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.

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!
... here for you as life happens

Heart Health, Life’s Simple 7
Seven health and behavior factors that impact health and quality of life. We know that even simple, small changes can make a big difference in living a better life. Known as “Life’s Simple 7,” these steps can help add years to your life.

Read More

February is Heart Health Month
Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Information & Resources:
AWP
American Heart Association

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:

How to Change Your Life in Just 2 Minutes a Day
Vegetables You Can Grow Indoors
Better Manage Your Time on Social Media
Talking to Someone You Disagree With

... 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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