

Employee Assistance Program (EAP)

## Monthly Publications

February 2021



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### Working Solutions

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

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

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### 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](#)

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### 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 Bean Pasta

**Health Tip:** Blood Pressure

Exercise for Blood Pressure Management

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

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### Benefit Spotlight

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## 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](mailto:am@alliancewp.com)

[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

### 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](#)

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## 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](#)

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## 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](#)

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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!

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<https://www.awpnow.com/main/disaster-preparedness/>

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*... 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](#)**

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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:

**[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.

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*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)>*

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