

Employee Assistance Program (EAP)

## Monthly Publications

January 2021



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### Working Solutions

Being Positive May Reduce Memory Decline  
Make Your Goals Happen in 2021  
Are You Glamorizing Overwork?  
... and more

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

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### Balanced Living

#### Stay Healthy: Practice Prevention

"Practicing prevention can lower your risk for developing the most deadly chronic diseases: heart disease, diabetes, and cancer," says Tricia Trinité, MSPH, APRN, director of prevention dissemination and implementation for the Agency for Healthcare Research and Quality. "There's nothing mysterious about taking preventive action; it's really just a matter of making healthy choices on a daily basis."

#### Featured Articles:

Juggling the Demands of Working at Home  
Helping Students Manage Change Healthfully

[Read More](#)

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### Wellness News

#### Goal Setting for Overall Health

While goals can vary from big to small, setting goals to improve overall wellness is vital, especially during this current climate. When setting goals, it's important to do so in a way that makes it easier to transition into lifestyle changes. It's also important to remember that it takes practice and can take up to 60 days to create and maintain new habits.

#### Featured Articles:

Cervical Health Awareness

**Recipe:** Spaghetti Squash with Avocado Pesto

**Health Tip:** Exercising in the Cold

Let's Talk Portion-Control and Serving Sizes

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

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### Benefit Spotlight

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## **AWP Webinar Schedule**

There are times when you need information and others where you need motivation. We can help you with both! Our timely webinars are a great resource for developing your talents at no cost to you.

Each month, your EAP offers 2 opportunities to participate in a complimentary 1 hour training webcast. Reserve your seat online through our registration link on your EAP website. You can also view previous webcasts - recordings are available for 60-days after each live session.

For more information, contact us at [am@alliancewp.com](mailto:am@alliancewp.com)

**[View 2021 Webinar Schedule](#)**  
**[AWP Webinars Open for Registration](#)**  
**[AWP Webinar Recordings](#)**

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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**

### **Ways to Feeler Calmer Right Now**

Feelings of anxiety — uneasiness, dread, fear, or an inexplicable sense of impending doom — can be deeply unpleasant. Whether anxiety presents itself as an upset stomach, heart palpitations, a nervous tension that colors everything, or even a panic attack, the discomfort and distress can be extremely challenging.

**[Read More](#)**

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## **Webinar Recording Available**

### **Nutrition 101**

12/9/2020

Rethinking what makes it onto our plates is often our first step toward overall health improvement. Let's get down to the fundamentals of nutrition and uncover effective ways to make a positive impact on our bodies, today and in the long run.

**[View Webinar](#)**

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## **Preparedness & Response**

### **Emergency Preparedness Basics**

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

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## **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!

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

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*... here for you as life happens*

### **New Year, New You**

It's that time of year again! Many of us set new goals and resolutions. **Now what?** Your AWP EAP can assist in navigating resources on nutrition, exercise programs, stress management, well-being, and healthy goal setting – all designed to assist you in achieving success/ Start off the New Year on the right foot and contact your EAP.

Help is just a phone call or a click away!

For more information, contact us at 800-343-3822 or [am@alliancewp.com](mailto:am@alliancewp.com)

## **Read More**

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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:

**[Foods to Boost the Immune System](#)**

**[Exercise for Mental Health](#)**

**[How to Stop Ruminating](#)**

**[How to Tell Your Dog You Love Him](#)**

... 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)>***

alliance work partners 

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