

Employee Assistance Program (EAP)

## Monthly Publications

June 2021



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### Working Solutions

Affected by *Headline Stress Disorder*?

Leadership Skills Can Be Learned

The Pandemic and Prolonged Grief

... and more

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

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### Balanced Living

#### Creative Problem Solving 101

Don't despair if the same frustrating problems shackle you at work time and time again. Perhaps you're bored with your job or concerned because the competition is passing your company by. Be aware that you can solve these problems with creativity.

**Featured Articles:**

Simple Steps for Getting & Staying Organized

Respectful Communication in the Workplace

[Read More](#)

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### Wellness News

#### Men's Health Month

On average, men die almost five years earlier than women. It has been shown that men are also more reluctant to go to the doctor; and, in fact, studies show that women go to the doctor twice as much as men. It's important to stay informed about your health, listen to your body, and never skip regular checkups. Not only will you live longer, but you'll also have a better quality of life.

**Featured Articles:**

Great Outdoors Month

**Recipe:** Healthy Pinwheel Sandwiches

**Health Tip:** Safe Summertime Play

Migraine and Headache Awareness Month

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

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### Benefit Spotlight

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## Thinking about retirement? Include a call to your EAP.

For years, many Americans have looked forward to their retirement, when they can stop working and relax ...

No matter where you are in your Retirement Planning, your EAP can provide

- Tools
- Resources
- Referrals
- Counseling

& more. We'll work with you to locate the services you need to address not only the challenges, but also the Opportunities in retirement.

For more information, contact us at 800-343-3822 or [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

### Stay Fit in the Summer Heat

For many, the summer months signify a time of carefree living: summer vacations, staying up late, poolside barbecues and hours spent in front of favorite television programs. Unfortunately, for some this extra dose of freedom can also equate to falling back out of shape. Alternately, you can continue to have fun, stay healthy and look great in your swimsuit all summer, if you abide by some basic strategies.

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

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## Webinar Recording Available

### Managing Screen Addiction in Children

5/12/2021

It is not uncommon for kids growing up today to spend more time with screens than they do in school, with their families, or sometimes even sleeping. It is important for parents to be able to recognize the signs of a problematic state and take action as needed. In this training we will discuss strategies for helping our children balance the digital and real world.

[View Webinar](#)

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## Preparedness & Response

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## Hurricane Season Begins June 1st

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

[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*

## Summer & Your EAP

After a busy school year, your EAP is available all summer long. The EAP is a confidential, no cost resource to address whatever your summer brings.

[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

Have you checked out your AWP EAP Blog?

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

[Lead Through Uncertainty](#)

[How To Give a Powerful Compliment](#)

[If You Want to Be Happy, Try to Make Someone Else Happy](#)

[Emptying the Nest. Again.](#)

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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)>***

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