Working Solutions

Supporting a Partner with Anxiety
Time Management: Finding Time Nuggets
Presenteeism: Working While Sick
... and more

English  |  Spanish

Balanced Living

Caring for the Caregiver
Caregivers come in all shapes and sizes. They can be adult children, spouses, siblings, friends, or neighbors, who help with daily activities such as bathing, feeding, and clothing. The caregiver may be the only person who can take a loved one to doctors’ appointments. The long-distance caregiver may call weekly, help with expenses, or support the main caregiver.

Featured Articles:
Employee Burnout: How it Happens & What You Can Do to Help
Managing Difficult Personalities & Behaviors

Read More

Wellness News

New Dietary Guidelines
Every five years the Dietary Guidelines for Americans (DGA) are reviewed and updated based on new research. The aim of these Dietary Guidelines is to promote health and prevent disease. Because of this public health orientation, the Dietary Guidelines is not intended to contain clinical guidelines for treating chronic diseases. This edition marks the first time the Guidelines provide recommendations by life stage, from birth through older adulthood.

Featured Articles:
All About Artificial Sweeteners
Recipe: Healthier Chocolate No-Bake Cookies
Health Tip: for a better night’s sleep
Healthy Snacking

English  |  Spanish
Benefit Spotlight

**WorkLife Services**
Your EAP regularly helps people much like yourself locate the services they need to help family members and themselves cope with life's challenges. Frequently the hardest part of a decision is doing the research to make your choice.

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

---

**LifeStyle Tip Sheet**

**A Good Night’s Sleep: The Hidden Key to Wellness**
How do you know if you're getting enough sleep? Listen to your body. Falling asleep at a symphony or at the movies isn't necessarily a sign that the event is boring. It's a sign that you're not getting enough sleep.

---

**Webinar Recording Available**

**Staying Fit at Work**
2/10/2021

It’s incredibly easy to find ourselves sitting more than nine hours in the day, but our bodies are meant to be in motion and fueled with good food. This topic takes a light-hearted look at how we can creatively find time to stay healthy and active even while at work.

**View Webinar**

---

**Preparedness & Response**

**Keep Food Safe during Severe Weather**
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.

**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!

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

... here for you as life happens

How to Be Professional (Even in Slippers)
Working from home has made us rethink what it means to be professional. Like feeling comfortable swapping that work suit for a sweat suit. But professionalism has always been about more than a dress code. It’s performing to your best, inspiring others, and feeling good about yourself. Let’s explore ways to act and feel like a pro – wherever you work from.

Read More

March is National Nutrition Month
Healthy eating is important no matter how old you are. Celebrate nutrition this month as the season changes from winter to spring, March is the perfect time to celebrate blooming a healthy lifestyle!

Information & Resources
AWP
Choose My Plate
Great Plate: English | Spanish

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:

Heart Health
Soul Healing Tips to Help Prevent Caregiver Burnout
Everyday Mental Health Tips
Desk Yoga

... 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>