

Employee Assistance Program (EAP)

## Monthly Publications

March 2021



---

### 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](mailto: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

### 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.

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

---

## 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](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.*

---

## **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](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 

[AM@alliancewp.com](mailto:AM@alliancewp.com) | **512-328-1144** | **1-800-343-3822** | [www.AWPnow.com](http://www.AWPnow.com)

Alliance Work Partners is a professional service of Workers Assistance Program, Inc. | Copyright © 2021 Workers Assistance Program, Inc. | Confidential and proprietary.