



## Don't Forget!

MAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

January 2022 Newsletter

## Tips for When You're Feeling S.A.D.

Feeling sad lately? Some call it winter depression, being down in the dumps, or having "the blues." Health professionals have another term: **Seasonal Affective Disorder, or S.A.D.** for short. Most experts think it is linked to low light and the body's melatonin level. People who suffer from S.A.D. report low energy, irritability, sleep disorders, headaches, weight gain, and other symptoms. **Here are steps you can take to feel better:**

- **Boost your vitamin D intake.** We absorb much of our Vitamin D from sun, but you can also get it in your food. Ask your doctor to check your vitamin D level to see if you need a supplement.
- **Get outside.** Activity is a good antidote to S.A.D., so go hiking, walking, skiing or skating with friends to combine social interaction with exercise.
- **Reach out for help.** If symptoms persist, talk to a physician to ask about alternate treatments. And you can call an MAP counselor to get help for depression or other mental health issues anytime, day or night!

- **Lighten up.** Open blinds or add skylights to your home or office. If you can't do that, add more artificial light, which can ease symptoms of S.A.D. Many people find light therapy lamps helpful.

## Caregiver Focus

Nearly 1 in 5 people are now providing care to an adult with health or functional needs. This takes a tremendous toll on the health of the caregiver. If you are a caregiver and feeling overwhelmed, your MAP can help. Our counseling phone lines are always open and you can login to your Member website. Click Caregiver Resources to find help for:

- Adult and child daycare
- Senior centers
- Nursing homes
- Assisted living facilities
- In-home services
- Geriatric care facilities
- Transportation assistance

## Keep Those Resolutions!

If you want to attain life improvement goals or kick old bad habits to the curb in 2022, your MAP is here to help. Our counselors and coaches study the dynamics of change and can suggest strategies to reach your goals. **Or** you can tap into self-help tools, online services, and thousands of trainings and micro-learning courses.

Log in to [www.UnionAP.com](http://www.UnionAP.com) to learn about available benefits and to get ideas for self-improvement in the new year. You can also call the MAP at **1.800.252.4555** to discuss your specific challenges and obtain ongoing emotional support.



98% Member Satisfaction Rate

[www.UnionAP.com](http://www.UnionAP.com) | 800.252.4555

## E-Learning Popular Picks

We continually add new trainings to our vast library of more than 9,000+ online E-Learning courses. To check out a few popular, new courses, login at [www.UnionAP.com](http://www.UnionAP.com), click the “Training Center” icon and choose the “New & Improved Trainings” icon.

- **New! Meditation | Course ID: SVL\_014433**

Revitalize your energy with stress-reducing meditation through a series of engaging, informational micro-videos. (31 minutes in total)

- **New! The Do's and Don'ts of Being a Team Player | Course ID: SVL\_1021263**

Be a true asset to your team. In this 7-minute video, you'll learn pitfalls that can keep you from being a team player, as well as actions to support your coworkers.

- **New! How to Advocate for Yourself | Course ID: SVL\_1021238**

This 8 minute video offers a step-by-step guide to have better, more effective

## See what our Members are saying...



*"Every employer should have your MAP."*



*"MAP listened and made me feel like they truly cared and wanted to help work through things and gave the tools to do so."*

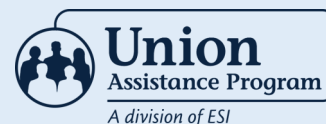


*"I have recommended you to 5 co-workers due to my experience with you."*

## Accessing the MAP Training Center

1. Go to [www.UnionAP.com](http://www.UnionAP.com)
2. Click the **Member and Family login** button.
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
  - a) Click on **REGISTER**.
  - b) Fill out the Registration Form to create your own User Name and Password, then click **Register. You only need to register once.**
4. Click the “Training Center” icon.
5. Then click the “New & Improved Trainings” icon.
6. In the **Search Content** bar at the top of the screen, type the course code.
7. Click on the course icon.
8. Click the ‘Play’ or ‘Start’ button to begin the course.
9. After viewing the course and taking the quiz (you must score at least an **80%** to receive a certificate), click on the ribbon icon below the right corner of the video.

**Please Note: The certificate will download to your computer. Not all courses require a quiz.**



98% Member Satisfaction Rate

[www.UnionAP.com](http://www.UnionAP.com) | 800.252.4555