



Don't Forget!

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

May 2022 Newsletter

Step 1 in Self-Care: Your Mental Health

Most of us are pretty good about enlisting a doctor for help when we have physical illnesses, but as a population, we're reluctant to seek help for our mental health needs. Experts point to many reasons for this: We don't think our problems are bad enough, or think they're so bad we'll be stigmatized; We think we can fix things ourselves; We don't want to tell a stranger our deepest secrets and fears; We don't have the money; We don't have the time; We don't know where or how to get help. The result? About half of the people who will be affected by mental health issues in their lifetime will avoid getting help due to these reasons and others. May is Mental Health Awareness Month, a time to get educated, fight the stigma, and provide support

for people with mental illness and their families. It's also a good time to get the help we need to tend to our own mental health.

Here's some good news. Your employer makes it easy for you to get quality mental health care through your Employee Assistance Program (EAP), including in-the-moment counseling available for you and your family. Simply call our toll-free number day or night – 800.252.4555. All calls are answered by a counselor with an advanced degree and years of clinical experience. We also offer Coaching and self-help resources spanning assessments, videos, articles, trainings, and more. Learn more about caring for your own mental health by logging in at www.HigherEdEAP.com.

Step 2: Shake a Leg!

Dance. Jog. Jump rope. Play ball. Hike. Run. Take up tennis. It's time to shake off any leftover winter lethargy for National Physical Fitness & Sports Month. U.S. physical activity health guidelines recommend at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous activity every week, along with strength training twice a week. Adults need a mix of physical activity to stay healthy. There are many ways to reach your weekly goal. Start with just moving more!

How do you tell if your activity is considered moderate or vigorous? Try this test.

More May Health Issues Worth Your Attention:

- With 5 million+ cases diagnosed annually, [skin cancer](#) is America's most common cancer. Fortunately, it's one of the most preventable cancers.
- Did you know that any one of any age can suffer a stroke? [Know stroke signs, use wellness programs to lower stroke risk factors.](#)
- Any day is a good day to [quit smoking](#) but if you haven't quit yet, why not target May 31st, World No Tobacco Day?



98% Employee Satisfaction Rate

www.HigherEdEAP.com | 800.252.4555

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity
- If you can only say a few words before you need to take a breath, it's vigorous-intensity activity

Visit [Move Your Way](#) to put together a spring activity plan and find helpful tools. Benefits of increased activity include better sleep, improved focus, better mood, and reduced stress. Plus, there are many health benefits, such as helping to prevent and manage common chronic conditions, like type 2 diabetes and high blood pressure.

Step 3: Learn Something New

We frequently add new trainings to our vast library of 10,000+ online E-Learning courses. Check out popular new courses by logging in at www.HigherEdEAP.com, clicking the "Training Center" icon and choosing "New & Improved Trainings."

- **New! Customer Service 101: Assisting Upset Customers | Course ID: SVL_1021437**
Learn strategies for dealing with difficult customers in a tactful and productive way in this 8-minute video lesson.
- **Mental Health First Aid | Course ID: SVL_1020779**
This 8-minute video lesson explains how to assist someone who's having a crisis related to mental health or substance use.
- **4-Minute Workplace Workout #1: Good Mornings | Course ID: SVL_104293**
The first in a series of ten 4-minute workouts you can do at your desk to improve your strength, circulation, and flexibility.

Accessing Your EAP Training Center

1. Go to www.HigherEdEAP.com and click **Employee and Family login**.
2. If you've already created an account, log in with your User Name/Password.
3. If it's your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the "Training Center" and then choose "New & Improved Trainings".
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the 'Play' or 'Start' button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.

