



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.

July 2023 Newsletter

How to Avoid Heat Illnesses This Summer

Independence Day is the start of the "Dog Days of Summer," a period the Farmer's Almanac marked from early July to mid-August characterized by low rain and high heat. Weather watchers predict that the summer ahead may bring historic heat waves. Extreme heat is defined as an outdoor temperature that hovers 10 degrees or more above the average high temperature and lasts for several weeks.

Don't let extreme heat ruin your summer fun. Every year, there are more than 600 heat-related deaths. Heat illnesses can occur suddenly and have serious consequences. Get familiar with [the signs and symptoms of heat exhaustion and heat stroke](#), and learn what to do should you or someone with you experience symptoms. Here are tips to stay safe in the heat:

- Watch weather-related monitors such as the [heat index](#) and the [UV index](#).
- Limit midday outdoor activity when the sun is hottest. Schedule workouts and activities earlier or later in the day when it is cooler.
- Stay hydrated. Experts advise about a cup of water every 15 to 20 minutes in extreme heat, whether you feel thirsty or not.
- Avoid alcohol, coffee, tea, and caffeinated soft drinks that dehydrate the body.
- Replace salt and minerals: Heavy sweating removes your body's salt and minerals. Sports drinks can help replace them.
- Wear lightweight, light-colored, loose-fitting clothing.
- Wear and regularly reapply sunscreen. Sunburn affects your body's ability to cool down and can make you dehydrated.
- Monitor those at high risk: Children, the elderly, pregnant women, and people with chronic health conditions.
- Be alert for signs of heat stress and early signs of heat-related illness.
- Seek medical care immediately if you have symptoms of heat-related illness.

Don't Leave Vacation Days on the Table!

About half of all employees say they are burned out, according to recent surveys. Despite this, less than half of all Americans who get paid vacation days use them all. Why not? People say they are afraid to fall behind, hurt their chances for advancement, or put burdens on over-worked co-workers.

It's vital to keep a healthy work-life balance and using your vacation time is part of that. Self-care is important to your overall mental health and general wellbeing. Breaking the work cycle to relax, replenish, and reset is an important part of that self-care. Taking a vacation helps us to come back to work with increased commitment and productivity.

ESI EAP's Featured July Webinar

Retirement Planning - Every month, a webinar and related resources are featured at the top of the member site. Simply log in to www.HigherEdEAP.com during the month of July to explore the resources or take the webinar at your convenience.

More July Events:

- [UV Safety Month](#)
- [Juvenile Arthritis Awareness Month](#)
- [National Minority Mental Health Awareness Month](#)
- 4th – [Independence Day](#)
- 26th – [Americans with Disabilities Act Anniversary](#)
- 28th – [World Hepatitis Day](#)

Take your time.



98% Employee Satisfaction Rate

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Here are some summer vacation ideas:

- **July is National Parks & Recreation Month.** Use the [Find Your Park](#) tool to search for a specific activity or locate a park near you.
- **Explore travel discounts** and perks through your **Lifestyle Saving Benefit**. Login at www.HigherEdEAP.com.
- **Not interested in traveling?** Look for biking and hiking trails, beaches, public gardens, zoos, museums, aquariums, and other attractions in your area.
- **Check out [summer festivals](#)**, from arts & crafts to music, food, and cultural celebrations.
- **Learn something new.** Take a course to learn a new language or improve your work skills for a promotion – your EAP has thousands of free online courses for your personal and professional development. Login at www.HigherEdEAP.com.
- **Take up a new sport**, a new hobby, or a relaxing activity like meditation, yoga, knitting, or gardening.
- **Volunteer** with a charity or a church group.

Get Smart with Our July Training Picks!

We have thousands of E-Learning lessons on a wide range of topics. We've suggested a few, but search for more by clicking on **"Member Login"** at www.HigherEdEAP.com, and when you are signed in, click on the comprehensive training library in the **"Training Center."**

- **Understanding and Preventing Heat-Related Illnesses** | Course ID: **SVL_089077**
This 17-minute video discusses how hot conditions affect the human body, the symptoms of heat-related ailments and what to do if you start to experience them, and more.
- **Cutting Edge Success at Work: Be Confident and Assertive** | Course ID: **SVL_066143_NQ**
In this 11-minute video, learn how to speak with confidence and overcome personal blocks and barriers.
- **NEW! Conflict Resolution in the Office** | Course ID: **SVL_084774**
This 13-minute video explores workplace conflict, responses that can make things worse, resolving conflicts effectively, how to handle a confrontation, and more.

Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

Accessing Your EAP Training Center

1. Go to www.HigherEdEAP.com and click **Member 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 **'Comprehensive Training Library'**.
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.

