

Tune-Up Tip #1: Get Sober Curious

April is National Alcohol Awareness Month. Gallup has tracked Americans' use of and attitudes towards alcohol for more than eight decades. In its most recent report, it found that 62% of Americans currently say they drink alcohol, a rate which has been consistent since 1939. On average, U.S. drinkers report they had four drinks in the past week. Of those who do drink, alcohol misuse remains a significant problem. The National Institute on Alcohol Abuse and Alcoholism reports that 28.8 million adults aged 18+ (or 11.2%) had an Alcohol Use Disorder (AUD) in the past year. In addition, approximately 140,000 people die of alcohol-related causes annually.

Alcohol use is pervasive in our society, accepted as an everyday part of life. There's an expectation that alcohol will be an integral part of celebrations, vacations, and important events; there's also been a certain level of tolerance for misuse. Yet attitudes appear to be changing. Gallup reports that young adults today are less likely to drink than young adults two decades ago: 62% of adults under age 35 drink, down from 72% two decades ago. And a growing number of people are exploring "sober curious" or "mindful drinking" lifestyles.

These cultural changes can be seen in the growing popularity of events such as "Dry January" and "Sober October," as well as a growth in demand for "mocktails" and other non-alcoholic beverages. Both sober curiosity and mindful drinking are rooted in a desire for a healthier lifestyle. They entail either temporary/intermittent non-drinking or an ongoing awareness and questioning of the frequency and quantity of drinking.

If you're feeling sober curious or you'd like to practice more mindful drinking to improve your health, here are some steps you can take:

- **Learn more.** See the blog post [Alcohol and Your Health](#) and log in to www.HigherEdEAP.com to explore the [Substance Misuse Learning Center](#).
- **Take an online self-assessment** such as [Are You Addicted? Take the Test](#).
- **Call your EAP counselor at 800-252-4555** to help you make a plan to quit or reduce your drinking.
- **Check out [A Beginner's Guide to the 'Sober Curious' Movement](#).**

Tune-Up Tip #2: Shape Up

Adults need a minimum of 150 minutes per week of moderate exercise to stay healthy, or half that for vigorous activities. Add muscle-strengthening activities on two or more days a week for even more benefits. Some ideas for moderate impact activities that will get you outdoors this spring include gardening, brisk walking, doubles tennis, canoeing, easy biking, softball, and mowing the lawn.

Featured Webinar for April



Helping You and Your Child Adjust to Divorce - Learn how to lend comfort to a child while managing your own feelings and anxiety. Get concrete tools, strategies, and supportive resources to help both you and your child to thrive throughout the divorce process and beyond.

Simply log in to HigherEdEAP.com during April to take the webinar at your convenience and explore related resources.

Good Health
↓
Good Life



High impact activities include **hiking, vigorous biking, swimming laps, jogging, running, wheelchair sprinting, soccer, volleyball, and basketball.** Log in to www.HigherEdEAP.com to check out your online Wellness Center for more ideas or call us to engage with a Wellness Coach!

Tune-Up Tip #3: Spring Training

Put a spring in your step with newfound knowledge and skills! Explore thousands of personal and professional development courses. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “**Training Center.**”

- **Working Sober! Substance Abuse in the Workplace | Course ID: SVL_061136**
This 11-minute video includes: understanding substance abuse, signs and symptoms of substance abuse, alcohol and drug basics, and intervention and getting help.
- **Mental Well-Being: Effective Stress Management Techniques | Course ID: SVL_104478**
Stress can be caused by any number of biological, psychological, and social factors. This 5-minute video highlights several techniques to help reduce that stress.
- **New Hire Safety | Course ID: SVL_007130**
This 22-minute video covers basic work safety: emergency situations & injuries, fire safety, OSHA Hazard Communication Standard, falls prevention, ladder safety and more.

Key Dates in April

- [Financial Literacy Month](#)
- [National Stress Awareness Month](#)
- [National Child Abuse Prevention Month](#)
- [National Minority Health Month](#)
- [Sexual Assault Awareness Month](#)

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.

