



October 2024 Newsletter

Stressed Out? Your EAP is Here for You!

According to Gallup, stress is on the rise. The most recent data show that nearly half of all Americans report frequently experiencing stress, up 16 points over the past two decades and the highest in Gallup's trend to date. What are we so stressed about?

- **Money:** A Market Watch Survey revealed that 88% of those surveyed reported some level of financial stress, with 65% saying that finances are their biggest source of stress, citing high costs for essential goods like food. While the economy is growing and inflation is slowing, relief isn't reaching everyday folks yet.
- **Parenting:** Surgeon General Vivek H. Murthy recently issued an advisory about [Parents Under Pressure](#) that talks about the stressors that parents face. In addition to money worries, parents have concerns about children's safety, feel stress about competing demands from work and time away from work, and worry about their children's use of social media and technology.
- **Other Stressors:** Work-related stress. Job stability. Violence and crime. The upcoming election. Catastrophic weather events. And of course, everyone has their own private stressors related to their unique circumstances.

Stress has been linked to diabetes, heart disease, weight gain, and other medical conditions. Learning healthy ways to manage stress is important to our physical, mental, and emotional wellbeing. People who don't know how to manage stress often turn to unhealthy measures for relief, such as drinking too much, eating too much, or relying on drugs. ESI EAP offers a variety of stress management resources to our Members.

Here are a few of the resources you can access:

- **Telephonic Coaching Programs** in Stress Management and Certified Financial Coaching
- **Self-Help Resources** by logging in to www.HigherEdEAP.com
- **Stress Management & Resilience Trainings**
- **Health and Wellness Tools** to address fitness, sleep, nutrition, and other strategies to help minimize stress
- **Telephonic Counseling** from clinical professionals for stress, anxiety, depression, mental health issues, and more
- **Blog Post:** [Stressed out? Your EAP can help you manage your stress](#)
- **Blog Post:** [Employee financial stress & the impact on productivity](#)
- **Newsletter Archive:** [How to Say "No" to Stress Overload](#)

Avoid the Flu This Year

Ideally, by the end of October, everyone 6 months and older should receive an annual flu vaccine - particularly young children, those over 65, pregnant women, people with disabilities, and those with chronic conditions such as asthma, diabetes, and heart or kidney diseases. Check out these [CDC resources on flu vaccines, prevention, and treatment](#).

Featured October Webinar



Investing 101

Want to get started with investing? This webinar will help you to understand what investing is and how the "miracle" of compounding works. It will also cover key building blocks of investing and help you determine which investing strategies are right for you. To access this Webinar and related resources, simply log in to www.HigherEdEAP.com during October.

Domestic Violence Hotline

The **National Domestic Violence Hotline** provides essential tools and support to help survivors of domestic violence. For free confidential help 24/7, call 1-800-799-7233 (SAFE) or text "Start" to 88788. For more information or to initiate a live chat, click [National Domestic Violence Hotline](#).



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Enter your zip code in the [Flu Vaccine Finder](#) to check for local availability and to schedule a vaccine appointment.

While getting a flu shot, why not get an updated Covid-19 vaccine at the same visit? A new 2024-2025 mRNA Covid-19 vaccine was released in August to address newer variants. There is no recommended waiting period between getting a COVID-19 vaccine and other vaccines.

Learn Something New!

Want to grow personally or professionally? You have thousands of training topics to choose from. Below are a few suggestions or search for your own themes. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “**Training Center.**”

- **NEW! Mastering Microsoft Teams - Basics (2024) | Course ID: SVL_2051002**
Learn the tool that businesses and individuals use to chat, collaborate, share files, make video calls and more in this 111-minute video.
- **5 Steps to Mend a Strained Relationship | Course ID: SVL_0664262**
This 12-minute video will help you rebuild a strained work relationship by learning strategies to constructively resolve conflict and cement the relationship.
- **Getting Real About Workplace Violence: Domestic Violence | Course ID: SVL_014364**
This 4-minute video focuses on how to recognize and be aware of signs of domestic violence in both an office and work-from-home setting.

October Observances

- [National Breast Cancer Awareness Month](#)
- [Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)
- [Cybersecurity Awareness Month](#)
- [National Down Syndrome Awareness Month](#)
- [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
- [10/6-10/12 – Fire Prevention Week](#)
- [10/10 – World Mental Health Day](#) and [Depression Screening Day](#)
- [10/17-26 – Men’s Breast Cancer Awareness Week](#)
- [10/26 – National Prescription Drug Take Back Day](#)

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 the **Member Login** button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click **REGISTER** to create your Username 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 download your certificate to your computer, click the ribbon icon below the right corner of the video.



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