

## **EAO Supervisor Newsletter—August 2020**

### **ANDREA LAWSON JOINS EAO**

We are pleased to welcome Andrea Lawson to the EAO team! Andrea is an LCSW with 13 years of experience in mental health on university campuses. Most of her career has been supporting student mental health and wellbeing as a clinician and administrator, and she is pleased to join the Employee Assistance Office at UW Madison to shift focus to the needs of employees for personal and work-related concerns. Her areas of interest are in management consulting, groups, wellness, inclusion, mental health, interpersonal dynamics, graduate students, and identity development. She seeks to attend to intersecting identities and power dynamics and to cultivate space where clients can be their full selves.

### **CORONA VIRUS ANXIETY WORKBOOK**

At the start of the pandemic, many resources were created to help people work through stress. How people respond to sudden change varies. Some use resources right away, and some choose to wait. As supervisors, you are well aware that employees may at times have similar needs, but go about meeting them in different ways at different times. For those who may be looking to manage anxiety now, the Coronavirus Anxiety Workbook may be a helpful resource for you, or to pass along to staff. This PDF booklet is free to download and is available in English, Spanish, Chinese, Turkish, Dutch, German and Irish. <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/> If you like self-guided and structured activities and resources to help you think a little differently and manage anxiety, this workbook could be useful. Others may need something different. If you or members of your team are thinking about making a change or need help finding the right resources, the Employee Assistance Office or LifeMatters can help navigate

### **TRY HEALTHYMINDS FOR FREE**

Your path to well-being. Powered by science.

Backed by four decades of research from world-renowned neuroscientist Dr. Richard Davidson and his team at the Center for HealthyMind at the University of Wisconsin - Madison & Healthy Minds Innovations, the HealthyMinds Program trains your mind through meditation and podcast-style lessons to develop skills- to gain focus, reduce stress, and maintain positive social connections. The ground-breaking HealthyMinds program is now *freely* available for you and your staff. - Sitting and activemeditations, 5-30 minutes - Measure and track your level of well-being - Podcast style lessons

*GET THEAPP*

<https://apps.apple.com/app/healthy-minds-program/id1326310617>

<https://play.google.com/store/apps/details?id=com.healthyminds>

## **A NOTE TO WORKING PARENTS AND CAREGIVERS**

Hailey Krueger, EAO Consultant

As a working parent/caregiver and a supervisor, you are responsible for the livelihood of another person or persons at home, an entire team at work, and you are a person with needs yourself. As a working parent myself and a former caregiver for individuals with dementia, there are times when the amount of stress I experienced was greater than my capacity to handle some situations as my best self. When I gained the responsibility of supervising staff, my level of stress increased significantly, and I reached out to EAO to consult. It is normal to sometimes feel frustrated, guilty, frozen, and many other feelings when trying to juggle competing priorities. If it would help to discuss your situation, collect your thoughts, and gain support, employee assistance is available to you 24/7. If you or one of your employees is a parent or caregiver experiencing stress, and you want to talk to someone about it, the EAO is a free, confidential, and nonjudgmental resource.

### **LifeMatters Monthly Resources and Promotions**

[https://www.empathia.com/promos/current\\_wpo\\_complete.php](https://www.empathia.com/promos/current_wpo_complete.php)

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