

EAO Supervisor Newsletter February Issue

Intro:

The end of winter can be a stressful time for many people. As we settle into the semester, it is common to feel tired, restless, or burned out. All employees, including supervisors, have been reaching out to our office for assistance with these concerns. If you or your colleagues are experiencing a sense of restlessness, you are not alone. This newsletter includes links to resources available to UW employees that can support you during this time of year.

SilverCloud

[SilverCloud](#) is an online, self-guided, interactive resource that provides UW–Madison faculty and staff with no-cost, confidential help for mental health issues and stress management program 24 hours a day. SilverCloud offers self-guided exercises to help employees change beliefs and behaviors so they are thinking and feeling better. SilverCloud’s evidence-based learning modules address anxiety, depression, body image, and stress.

SilverCloud is a time-flexible option that may be effective for employees who experience mild to moderate symptoms. Each module lasts an average of 40 minutes and automatically saves progress, so the modules can be completed at the clients’ convenience. A referral from a mental health or medical professional is not required to use this free online service. Click [here](#) to get started.

Center for Healthy Minds

The University of Wisconsin-Madison is home to the [Center for Healthy Minds](#), a multidisciplinary hub that conducts rigorous scientific research to bring new insights aimed at improving the well-being of people of all backgrounds and ages.

The Center for Healthy Minds offers a free [meditation app](#) with a variety of meditation practices, podcast-style lessons on mindfulness, and the option to track your level of well-being over time. This step-by-step, guided program is on-demand and can help you incorporate wellness into a busy, professional life.

Employee Assistance

Sometimes, you may want more support for your concerns and would like to speak with a counselor. We are here to help.

The EAO offers free, confidential counseling and consultation to UW–Madison faculty, staff, graduate student employees, significant others, and family members. Reach out at 608-263-2987 or eao@mailplus.wisc.edu to schedule a confidential appointment.

Along with EAO, LifeMatters provides a wide variety of resources including training, financial and legal consultation, time saving searches, 1–5 sessions with a counselor for personal or work-related issues, and management consultation regarding workplace concerns. Appointments with LifeMatters counselors are available in-person, via chat, text, or video. You can call 800-634-6433 or text "Hello" to 61295 to start the conversation.

LifeMatters is also offering a webinar for supervisors called "Combating Pandemic Burnout: A Support Group for Managers". This interactive, live event will be held on Wednesday, March 16th at 12:00pm over Webex. Learn more by logging into mylifematters.com (password: Bucky2).