

EAO Supervisor Newsletter- May 2023

Mental well-being is a crucial part of our health and overall wellness. Every May since 1949, advocates across the United States have joined together for Mental Health Awareness Month to collectively fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

Supportive managers understand the importance of mental well-being. Here are some key messages to consider as we head into Mental Health Awareness Month¹:

- **When it comes to mental health, small actions equal big impact.** We don't need to be experts to support mental well-being. Whether we share resources, encourage others to seek help, or simply are there for someone they need us, we instill hope and can help others to reach out when they need to most.

Learn more about mental health myths [here](#).

- **Self-care is important for your mental health.** Mental health is essential to our overall health and quality of life. When you take care of yourself, your physical and emotional health improve; you become more resilient and can find ways to manage stress in a healthy and positive way.

Click [here](#) to use this year's toolkit from Mental Health America to assess your environment for mental well-being.

Learn more about building your resilience [here](#).

- **We play a part in one another's mental wellness.** Let's work together to promote acceptance and compassion surrounding mental well-being. It is up to each of us to be a lifeline, sharing in a commitment to care for ourselves and those around us. When we use open and compassionate language around mental health issues, we empower ourselves and encourage others to find the help they need.

Learn more about practicing empathy in the workplace [here](#).

- Learn how to combat mental health stigma [here](#).

Let's support each other and make it okay to reach out and seek help whenever we need it. Be aware of the signs and symptoms of mental health issues so that we can all work together to support one another. If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help, no matter what your situation is.

- Read this EAO newsletter [here](#) to learn more about having tough conversations about mental health at work.

¹ <https://www.samhsa.gov/programs/mental-health-awareness-month/toolkit>

Remember: no matter the situation, there is always help and always hope. Employee assistance is here to support all employees with personal counseling, this Mental Health Month and beyond.

Free Mental Health Resources for Employees

Employee Assistance Office (EAO)

- Call 608-263-2987 or email eao@mailplus.wisc.edu to schedule an appointment
- Appointments are available between 7:30 a.m. – 4:30 p.m., Monday through Friday
- Learn more at www.eao.wisc.edu

LifeMatters

- Call 800-634-6433 or text “HELLO” to 61295 to consult with a counselor immediately
- Call any time, day or night (24/7 access)
- Counselors are off-campus and based in the community
- www.mylifematters.com (password is Bucky1)

National Suicide Prevention Lifeline: 988

<https://suicidepreventionlifeline.org/help-someone-else/>

Learn how to use mindfulness to slow down and reduce stress

LifeMatters and the Employee Assistance Office are offering a virtual webinar, Mind-Body Wellness, on Tuesday, May 30, noon-1 p.m. via Zoom. Mind-Body Wellness offers attendees an opportunity to slow down and learn practical mindfulness exercises, including:

- Conscious breathing
- Gentle stretching
- Guided relaxation

This webinar is offered at no cost to all UW–Madison employees. Register online to receive the Zoom link.

LifeMatters Webinar: Creating a Healthy Mind: Addressing Burnout

Tuesday, May 16, 10:30-11:30am

Join CALs and LifeMatters in discussing burnout. Burnout is a real thing that leaves us exhausted, detached from our jobs and inefficient in all areas of our lives. Creating a healthy mindset that is flexible and able to adapt to the stress everyday life is a remedy for burnout. Content includes:

- Mindful living and mindful habits
- Building resilience through focusing on managing energy in four areas: Physical, emotional, mental, and spiritual

- Increasing emotional intelligence through self-awareness, self- management, and empathy

Register here: <https://go.wisc.edu/0l02oa>

LifeMatters Webinar: Women’s Mental Health

Tuesday, May 23, 2023, 12:00 p.m. – 1:00 p.m.

Some mental health conditions occur more frequently in women and can significantly impact a woman’s overall health. May is women’s mental health month – a great time to increase awareness and provide support to women who may be suffering with depression, post-partum depression, anxiety, disordered eating or addictive tendencies.

Learning Objectives:

1. Look at statistics indicating how mental health issues impact women.
2. Determine some of the risk factors that increase females’ vulnerability to mental health struggles.
3. Identify signs and symptoms of common women’s behavioral health conditions.
4. Know how and when to reach out for help.
5. Choose from practical strategies to improve mental health.
6. Know when and how to leverage your LifeMatters EAP benefit to help yourself and others.

To join the training session:

1. Click the Webex link [here](#).
2. Enter your name and email address.
3. Enter the session password: VDp69UbNYV6
4. Click "Join Now".