

**Anthem EAP (approved for 2-3 webinars):**

## **Empathy**

### **Compassion fatigue: increasing resiliency**

Giving daily care to victims of traumatic events can take an emotional toll. Learn how to identify the factors that contribute to compassion fatigue and related symptoms, such as emotional outbursts, chronic ailments and difficulty sleeping. Discover how compassion fatigue can develop and learn specific strategies to increase your resiliency.

### **Raising culturally competent families**

We are all different in our looks, shapes, sizes, beliefs and abilities. We may come from adoptive families, single-parent households, blended families, families with stay-at-home fathers, mixed-religion families and/or same-sex households. In this workshop, participants will learn to appreciate different types of family situations and the danger of stereotypes. Principles learned in this workshop can be used to set positive examples and increase overall awareness in the home.

## **Care**

### **The sandwich generation**

Most employees today will have to take care of an older relative while they are still taking care of their own families. This is known as the “sandwich generation.” Learn how to collect information, communicate with compassion, be proactive and respectful, and cope with the issues that the sandwich generation faces.

### **Caregivers: a guide to self-care and resources**

Family caregivers share an emotional bond with the care recipient — by birth, marriage, deep commitment, friendship, etc. Balancing work and family while caring for an older adult dependent can be trying for all involved. Discover the importance of taking care of yourself and how to find resources to help ease the stress that may be caused by this important responsibility.

# Connection

## **Working successfully from home**

This seminar is designed especially for those considering or currently working from home. We'll discuss what teleworking is and identify how your work and home life may change. We'll also review the importance of self-care and give you tips for finding work-life balance while teleworking.

## **Staying connected in today's digital world**

With modern technology, it's never been easier to stay connected to friends and family. Yet there's a global crisis of isolation and loneliness. This workshop will explore how social interactions have changed over time and whether this change has altered our need for connection. You'll also learn strategies for maintaining personal relationships in an electronic age.

# Wellness

## **Health and well-being in the workplace**

Discover how to enhance your health, well-being and productivity by relieving stress with simple relaxation techniques. Explore ergonomics and learn how to avoid on-the-job injuries from lifting, repetitive stress (such as carpal tunnel syndrome) and computer-related injuries (headache, eyestrain and back pain). The discussion will include how to achieve work-life balance, establish priorities, eat healthy and get regular exercise.

## **Learning to relax**

In this workshop, you'll learn more about different relaxation strategies — including meditation, guided imagery, deep breathing, progressive muscle relaxation and yoga — to find a technique that works for you. You'll discover the potential health benefits of relaxation, and how you can be more productive during the day and sleep better at night.

## **Stress management**

Reconciling the demands of work and home life can be a source of constant tension. As a result, you may experience sleep disturbances, appetite changes, headaches, poor concentration and irritability. Learn how to identify emotional and physical symptoms of stress, assess your own situation and discover hands-on techniques to bring balance to your work and personal life.

**Mindful meditation**

In your busy, “automatic pilot” life, you may crave opportunities to be mindful. In this seminar, participants will examine the focus of mindful meditation, define it, explore what it is and isn’t, identify its benefits, discuss data that supports mindful meditation and have an opportunity to experience it.

**A personal guide to managing stress and change**

Change is certain in life. How you react to change can either raise or lower the stress that you feel at work and at home. Review the four phases for surviving change. Get tips for coping with change and learn how to lower your stress levels.

**Disrupting negative thoughts**

Are negative thoughts normal? Yes. It’s not the thoughts themselves that are the issue; rather, it’s when we believe the thoughts. Learn how to gain control over negative thoughts and turn them into positive ones. In this seminar, you’ll identify the symptoms and causes of negative thoughts. Plus, you’ll learn strategies to disrupt them and get help.

**Embracing happiness**

We have so much stuff these days, but are we really more satisfied or content? This seminar will help you answer those questions while exploring what happiness means to you.

**Lightening your life with laughter**

Look at life in a way that takes some of the stress out of it. This informative and enjoyable workshop shares proven techniques for how to use laughter to lower stress. Explore the history, practices and beliefs of this therapy and how to become more positive. Rediscover the wonderful energizer called “laughter” and its many therapeutic benefits.

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### **Relaxation to suit your lifestyle**

Relaxation has the power to enhance many areas of your life. It's an important part of emotional, mental and overall well-being. This seminar explores how to embrace relaxation in your daily life, with practical tips and techniques anyone can apply.

## **Change**

### **Resiliency: bounce back stronger**

Resiliency is all about bouncing back. No matter what life throws at us, we can always learn tips and techniques that we can use daily to help us bounce back and become more resilient no matter what we go through. This seminar will leave participants feeling empowered that they have the knowledge of what steps they need to take to become more resilient.

### **Dynamics of change management**

Change is stressful. Learning how to manage and cope with change is vital to your well-being in this everchanging world. Even if the stress of change is unavoidable, you can learn how to deal effectively with change in the workplace and in your personal life. Discover strategies and tactics that can help you cope with change and take charge of what can be controlled.

## **Other**

### **Getting your affairs in order: the essential documents**

Learn about and explore the documents that everyone should have in case of the unexpected. Gain the knowledge you need to be ready and organized for the future.

### **Advance directives**

It's often hard to talk about the future with aging parents and other older relatives. Learn how to get through the important discussions about your relatives' health concerns, as well as other emotional, financial and legal issues. Gain insight about housing options and support services at home and in the community.

## **MarinHealth Lunch and Learn Topics (\$150 per session):**

### **Sneaking Physical Activity into Your Day**

1. Learn tips and tricks to increase physical activity at work, home, and while running errands
2. See how small steps over time can lead to lasting results

### **Tips for De-stressing**

1. Learn what stress is and why it is so harmful
2. Learn breathing techniques and other strategies to cope with stress