***MARCH 2022 EAP NEWSLETTER***

Hello everyone – Many of us have been walking around with a heavy heart: we may feel impacted by the Russian invasion of Ukraine, by one of the [other conflicts happening in our world](https://www.cfr.org/global-conflict-tracker/?category=usConflictStatus), or due to a wide variety of other painful circumstances in our lives and our world. Our [EAP](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees/how-receive-eap-services) is here to help, offering the following resources this month to support you with all that is happening for you:

* **EAP newsletters**: This month, both newsletters feature the topic of **burnout**:
  + In the [Employee Newsletter](https://content.govdelivery.com/accounts/WADES/bulletins/30cae88): “**Burnout: It’s Not Just in Your Head”** -- Burnout is more complex than fatigue or dissatisfaction, making it challenging to address. Since the start of the pandemic, we’ve seen an increase in burnout and a change in its causes. We look at how to identify the symptoms and impact of burnout in your life, and what you can do about it.
* The [**EAP Work/Life site**](https://www.advantageengagement.com/1669/login_company.php) offers the following resources this month that you can access by [logging in to the Work/Life site](https://www.advantageengagement.com/1669/login_company.php) with your Organization Code, **<AHS>:**
  + On-demand webinar**, “Remaining Resilient During a Crisis**” (16 minutes) -- to help you understand and recognize the impact of traumatic events and situations like the Ukraine/Russia crisis and provide strategies to help you cope and build on your resilience.
  + Additional tools and resources about burnout -- to help you learn how to mitigate and prevent burnout and maintain engagement in every part of your life, featuring this month’s on-demand seminar, “**From Tired to Inspired: Keeping Engaged and Preventing Burnout.**” This seminar is available beginning Tuesday, March 17th.
* [**EAP webinars**](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**: Learn about all that EAP offers at the live ½ hour EAP Orientation webinar on** [Thursday, March 17th from 1-1:30 pm](https://des-wa.zoom.us/webinar/register/WN_jnhKwOSmTYC6_h-ysvOUZw)**, in** [future months](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**,** or [on-demand](https://youtu.be/ifbbASbQmfU)**. EAP also offers a variety of on-demand webinars which can help you to** [better understand and manage the stress in your life](https://www.youtube.com/embed/SRXWUmHQhTc?start=1)**,** [adapt to the many changes at work and home connected to COVID](https://www.youtube.com/watch?v=dzF9vWTlY5k)**,** [create psychological safety to support the team you supervise](https://youtu.be/rxn3cJKZ6aQ)**, and** [more](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars#COVID19Webinars)**.**

Please don’t hesitate to reach out to our [EAP](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/resources) for support, consultation and resources -- for yourself and to help those around you, at 1-877-313-4455 or [online](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees/how-receive-eap-services).