

## 2022 HEALTH AND WELLNESS PRESENTATIONS

### PRESENTATIONS FOR EMPLOYEES

#### **Anger Happens: *Handling Strong Emotions***

Anger can lead to behaviors we regret, and it can also affect our health. This presentation focuses on understanding what happens to us when anger or other strong emotions are triggered, and ways to address our strong reactions.

#### **Anxiety: *Beyond Worry***

The terms *worry* and *anxiety* are often used interchangeably. This presentation focuses on the differences between the two, and highlights ways to decrease anxiety levels.

#### **Appreciating Difference**

This presentation sheds light on what it's like to feel different from other people, and what happens when others are seen as different. The emphasis is on self-awareness, which is crucial to appreciating difference and is important when addressing workplace conflict.

#### **The Art of Parenting Younger Kids <sup>NEW!</sup>**

Children are constantly absorbing the world during formative years, and parents must adapt to the increased unpredictability as their toddler starts to explore their surroundings with more curiosity. This presentation delves into child development and what to expect at typical milestones and transitions. We'll review communication techniques that work best with younger children and discuss effective parenting strategies that help them develop social skills and healthy habits.

#### **Bullying Basics**

Bullying can occur at school, online and at the office. This presentation reviews the prevalence and impact of bullying behavior and suggests ways to respond to and prevent bullying among children and adults.

#### **Caring for Adult Loved Ones <sup>NEW!</sup>**

When an adult loved one becomes ill or injured, we often assume the role of caregiver without question. But the road ahead is unpredictable, and things can quickly go from dutiful to daunting, especially for first-time caregivers. This presentation takes participants on a guided tour of caregiving essentials to help navigate the winding road of caring for older loved ones.

#### **Civility in the Workplace**

Civility is a timely concern, and a civil workplace can help mitigate stress and increase collaboration. This presentation highlights the ways each of us can contribute to building and maintaining workplace civility.

#### **Contending with Change**

The presentation discusses the effects of change, aims to help participants assess their attitude toward it, and offers practical techniques for dealing with change.

#### **Coping with Downsizing and Job Loss**

This presentation identifies common stress symptoms experienced during downsizing and job loss and offers strategies for addressing those symptoms.

#### **Dealing with Challenging Interactions**

Life continually presents us with interpersonal challenges in the form of different behavioral styles. Assertiveness is not always the norm; aggressive, passive, and passive-aggressive styles can be particularly difficult to address. This presentation suggests ways to deal with various interpersonal styles and offers tips to manage reactions to them.

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### **Depression: *Beyond the Blues***

The focus of this presentation is to distinguish depression from the blues and to educate participants about the warning signs and risk factors for depression, treatment methods, and getting help for themselves or a loved one.

### **Effective Communication**

This presentation takes a look at the impact of verbal and non-verbal communication, discusses the tools of active listening and assertive communication, and offers strategies for when communication is sensitive or contentious.

### **Establishing Equilibrium: *Bridging the Work/Life Gap* <sup>NEW!</sup>**

Our health and well-being depend on a symbiotic balance of work and life. One area can suffer if the other looms too large. This presentation is an opportunity for participants to check in with themselves about what's working and what's not so they can take a step toward balancing the different parts of their life.

### **Facing Conflict: *There's No Avoiding It* <sup>NEW!</sup>**

Conflict is inevitable, yet many of us don't know how to handle it effectively. Some of us even avoid it at all costs. But dodging conflict isn't always the best way to resolve an issue – avoidance can create resentment, stall progress, and even stir up more conflict and tension. This presentation provides participants with helpful tactics and expert advice on facing challenging interactions and handling everyday disagreements with civility and respect.

### **Habit or Addiction: *What's the Difference?* <sup>NEW!</sup>**

Having routines, keeping to a schedule, and sticking to certain regimens are normal parts of daily human operation. But for some people, what they feel compelled to do goes beyond habit and routine and into the realm of addiction. Participants will discover the difference and learn how to get help for a friend, a loved one, or themselves.

### **Intimate Partner (Domestic) Violence: *Effects on the Workplace***

Domestic violence affects the individual employee and impacts the workplace. This presentation identifies those potential effects and suggests approaches that agencies and colleagues can take to address the issue.

### **Navigating Loss**

Changes, positive or negative, can create a sense of loss. This presentation addresses various kinds of losses, our responses to them, and what we can do to care for ourselves and others when experiencing a loss.

### **The Opioid Crisis**

This presentation provides an introductory awareness to our country's opioid crisis. Learn about opioid addiction and symptoms, the types of opioids, and the effects this drug is having on our society. Also covered are the steps to rehabilitation and recovery, and ways to support a loved one who is going through addiction and recovery.

### **Pace Yourself for Productivity <sup>NEW!</sup>**

Demanding responsibilities can leave us drowning and making little headway in tasks. Struggling to come up for air as we sink deeper under a pile of to-dos and pressure, many of us find that we're consistently one step behind, 10 minutes late, or missing deadlines. This presentation helps participants keep their head above water with lessons on how to identify timewasters and change procrastination habits, and strategies for swimming through the day productively.

### **The Path to Positive Thinking**

Positive thinking can contribute to overall well-being. This presentation reviews the evidence for pursuing an optimistic mindset and offers tips on how to incorporate more positivity into daily life.

### **Relationships**

With much attention paid to the quality of relationships, this presentation reviews the elements of both healthy and unhealthy relationships and discusses the importance of communication and boundaries.

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### **Retirement: *Into the Unknown***

This presentation expands awareness of retirement as a major life transition and helps prospective retirees plan for its emotional repercussions. NOTE: This is not a presentation on retirement rules or benefits.

### **Return to the Worksite with Ease** NEW!

Due to the pandemic, returning to your normal workplace setting after a prolonged period away can be quite an adjustment. You may feel anxious about getting back into a routine of getting ready for work in the morning, transportation, and possibly childcare. You may even wonder how team dynamics may have changed or have concerns around if or how you still fit within your role. This presentation addresses these and other return-to-the-worksite challenges to help make the transition easier.

## STRESS MANAGEMENT AND RESILIENCE

### **Burnout and Stress Management**

When someone experiences stress, or when stress lasts too long, it can be harmful; burnout is one possible outcome. This presentation addresses ways to prevent burnout.

### **Resilience: *The Road to Resilience***

In this climate of uncertainty and constant change, resilience is a valuable personal resource. This presentation examines how engaging and building upon one's strengths are critical when encountering roadblocks and detours on the path of life.

### **Resilience and Stress: *Everyday Challenges***

Resilience is a key factor when facing the stressors of everyday life. This presentation covers the social and emotional components of resilience, along with how the stress response affects us. With this understanding, options emerge for cultivating and restoring resilience.

### **Stress and Trauma Exposure: *Strategies for Coping***

Individuals who work with victims and survivors of traumatic events may experience strong reactions in response to hearing about or helping those who've been affected by trauma. This presentation offers information and strategies to prevent and manage the effects of "secondary trauma."

### **Stress Management: *A Brief Review***

This presentation reviews the physical, emotional, and behavioral signs of stress, and explains how beliefs contribute to stress. Also discussed are suggestions and resources for managing stress.

### **Stress Management: *Practical Tools for Stress Management***

In addition to recognizing the signs of stress, this presentation outlines practical tips to manage stress and offers participants the chance to practice several stress management techniques.

### **Substance Abuse: *Increasing Awareness***

This presentation provides participants with an introductory awareness of the effects of substance abuse on the workplace, and how colleagues can approach the situation when concerned about a peer.

### **Suicide Awareness**

This presentation acquaints participants with statistics about suicide and identifies risk factors and prevention resources.

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### **Take a Moment: *The Value of Mindfulness***

The word *mindfulness* is often tossed about as a tool for managing stress. This presentation explores the benefits of mindfulness, suggests ways to pay more attention and be present in life's everyday moments, and discusses the use of mindfulness meditation.

### **Transitions in the Workplace**

This presentation examines change in the workplace and distinguishes between the external change itself and the internal transitions that change prompts. In addition to understanding the three-step transition process, the focus is on strategies to deal with the challenges.

### **Ups and Downs of the Holiday Season**

During the holidays, expectations about the “way it should be” often collide with reality. This presentation explores how to cope with the pressures of the holiday season and offers strategies to reduce stress.

## PRESENTATIONS FOR SUPERVISORS

### **The Benefits of Being a Balanced Boss**

Supervisors are busy managing their staff and managing up, which leaves little time to ensure their own equilibrium. This presentation makes a case for moving toward a better balance and discusses strategies and helpful resources.

### **Fostering a Mentally Healthy Workplace** NEW!

Investing in fostering a mentally healthy work culture helps decrease absenteeism, reduce healthcare costs, and improve employee morale and productivity. And with statistics revealing that one in four adults has a diagnosable mental health disorder, now is the time to proactively support a healthy environment. This presentation offers insight on addressing mental health in the workplace and provides guidance for managing the culture to improve the quality of your employees' lives at work.

### **Managing in Difficult Situations** NEW!

Conflict is an unavoidable part of life and, when it occurs at work, the typical reference point is “the challenging employee.” Because dealing with employees who push our buttons can be a sensitive matter, we'll review common workplace challenges and options for handling them, with the intention of fortifying the skills and strategies that foster less workplace conflict.

### **Multigenerational Workforce**

This presentation educates supervisors about the elements of effective leadership of the various groups that make up today's workforce. Included is a general review of the generations and how they respond to workplace situations, and suggestions for leaders in managing the different groups.

### **Reaching Your Leadership Potential**

Whether you are just starting out in management or have been leading others for years, there's always room for growth. This presentation offers tools to help you boost your leadership potential by identifying your strengths and values, and fine-tuning your communication, coaching and social competency skills.

### **Reintegration of Deployed Staff: *Guidance for Managers*** NEW!

Returning to normalcy after a deployment can be both long-awaited and daunting. Reintegration takes time, presents unique challenges, and affects not only the deployee, but their families and coworkers as well. Contending with what's changed and how or whether they still fit within their old routine, duties, and relationships can be mentally and emotionally taxing for the employee and your team. This presentation helps supervisors prepare, manage, and attend to staff prior to a deployed employee's return to work, discusses transition considerations, and reviews how to recognize the signs of stress.

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### **Substance Abuse: *The Supervisor's Role***

This presentation aims to increase participants' awareness of substance abuse warning signs and reviews how the EAP can assist supervisors when helping an employee with a potential substance abuse problem.

## ORIENTATIONS

### **Employee Orientation: *We Care, Just Call***

This orientation provides an overview of services and program benefits available to employees. focuses on the nature of the EAP as a voluntary, confidential, and free benefit to employees. (Recorded version also available at [FOH4You.com](https://foh4you.com))

### **Supervisor Orientation: *A Supervisor's 24/7 Resource*** UPDATED!

This orientation underscores the EAP as a consultative resource for managers. We'll answer some of the most common questions we hear from managers, offer practical solutions with real examples of everyday management challenges, and provide guidance for referring employees to the EAP. Discover how confidential consultations with the EAP can help problem-solve almost any management situation, improve the interpersonal aspects of supervising, and more. Also available on-demand at [FOH4You.com](https://foh4you.com).

  
24 HOURS  
A DAY

800-222-0364  
TTY: 888-262-7848  
[foh4you.com](https://foh4you.com)

**NOTE:** These presentations are intended to introduce the Employee Assistance Program to a broad audience. As the EAP does not provide training, they may not be used as workforce training, and employee attendance cannot be mandatory.