



2022 Webinars & Trainings from the Employee Assistance Program (EAP)

Employee Wellness has put together a bi-monthly webinar and training series for employees. These webinars are presented by Summa Health's Employee Assistance Program.

Please find all registration links for each webinar as well as the recording for each webinar at summaworks/wellnessprograms.

Preventing and Managing Burnout Watch on Demand

Burnout is a condition that many people experience, especially in the helping and service professions. It is very common, but can be hard to identify or see coming. This session will define burnout and help you to identify the signs and symptoms associated. Most importantly, we will discuss strategies for preventing and coping with burnout, including stress management and self-care. It can be difficult to remain an effective employee when affected by burnout, so learning how to prevent and manage can be very beneficial to employees and employers.

Stress Management: Arm Yourself with the Right Tools

April 28, 2022
12 – 1 p.m.

In this session learn about tips and short- and long-term strategies to manage everyday stress. Components covered will be recognizing stress symptoms and responses, types of stress and causes, practical advice for managing stress, boundary setting, and self-care and tackling stress management in the workplace.

Employee Assistance Program Orientation: Leaders and Employees (All Employees: first 30 minutes, Leaders Only: last 30 minutes) June 23, 2022 12 – 1 p.m.

Since 1981, the Employee Assistance Program (EAP) by IMPACT Solutions has been helping organizations to succeed by empowering employees to thrive through solution-focused offerings.

During your EAP orientation you will experience the following:

- Review of EAP benefits available to you (counseling, legal, financial and more!)
- Learn how to access benefits
- Opportunity to ask questions about your EAP benefits
- For HR/Leaders: Review of consultation services and organizational supports

Mindfulness at Work August 25, 2022 12 – 1 p.m.

When you realize that mindfulness is much more than breath awareness and relaxation, you start to notice opportunities to practice throughout the day – even at work. Discover ways you can sneak mindfulness into your day to increase your ability to focus and decrease distractions.

Work/Life Balance: Tug of War October 27, 2022 12 – 1 p.m.

Work-life balance often feels like a tug-of-war. There are so many things competing for our time and attention. In this session participants will identify competing interests and ways to prioritize the items that seem to be taking over daily life. Concrete tips and strategies will be discussed for reducing burdens and stressors that are overwhelming so that participants have a toolkit of resources. The effects of work like imbalance will be discussed as well as the many benefits of work life balance when it is able to be implemented.

Help! I Can't Stop Thinking December 28, 2022 12 – 1 p.m.

Learn a mindfulness exercise to disrupt worry habits, de-escalate yourself, and get a better night's rest.

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For all questions, please contact Ashley Krul from Employee Wellness at krula@summahealth.org.