ESI March Newsletter: Has the Pandemic got you down?, Our E-Learning Popular Picks and More!

Educators' EAP <clientservice@theeap.com>
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To: Elena Maskell <emaskell@rhcsd.org>

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Educators' EAP

Employee Assistance Benefit News

Has the Pandemic got you down?

One year into the pandemic, we're all feeling some degree of Covid fatigue - anxiety, stress, money problems, loss, grief, family matters - even just the loss of normalcy.

Click here to review all of the solutions in the Covid Relief Kit or see below>>

Solutions from your EAP to Help You Through the Pandemic

1) Coronavirus (Covid-19) Resource Center

Your online ESI Covid-19 Resource Center offers hundreds of articles, videos, and tools to help you with positive information to strengthen your coping skills and reduce your stress.
Sample of Pandemic Resources

- Hundreds of Articles and Instruction
- School Staff, Students and Distance Learning
- Support for First Responders
- Working Remotely
- Supporting At-Home Children

2) ESI Online Training Center

Employees have free access to more than 8,000 trainings in the ESI Training Library. Simply go to EducatorsEAP.com and click the employee and family login button at the top of the page. First click the Training Center tile, then click New & Improved Trainings and then enter ‘Covid’ in the search bar to find video trainings that will help.

Some of the Covid-19 Trainings

- Managing Stress and Anxiety During Covid
- Working Remotely
- Preparing for an Epidemic
- Travel During Covid-19
- Safe Re-entry During Covid-19

3) Personal & Professional Coaching

ESI is the only EAP to offer 18 personal and professional coaching programs delivered by certified coaches. Simply call 800-252-4555 to schedule telephonic coaching for any issue, from dealing with a financial setback, to managing stress or weight gain related to being cooped up, or dealing effectively with anger and interpersonal communications.

ESI Coaching Programs

- Personal Finances
- Budgeting
- Balancing Life at Work and at Home
- Resilience
- Effective Communication
- Home Purchasing
- Saving & Spending
- Basic Supervisory Skills
- Practical Aspects of Retirement
- Fitness
- Nutrition
- Weight Loss
• Student Debt
• Yoga and Relaxation for Beginners
• Workplace Conflict

4) 25,000 Self-Help Solutions

To find help for any of the Covid-related problems you may face, simply visit the ESI home page and click on the Employee and Family Login. Enter ‘Covid’ in the search box to explore hundreds of helpful articles. Or click on the information tiles to access dozens of tools, calculators, videos, and articles addressing pandemic-related issues involving caregiving, debt, stress, grief, and more.

Covid-19 Self-Help Resources Include
• Health and Wellness Resources
• Alcohol and Substance Abuse
• Emotional Wellbeing and Resilience
• Health Assessments
• 700 Health Videos

5) ESI Counseling with 98% Satisfaction

ESI offers the most effective counseling in the nation, with a year-after-year 98% employee satisfaction rate. If you or your family experience Covid-19 related stress, anxiety, or any other issue, ESI counselors are here for you 24/7/365. Just call 800-252-4555.

• No other Employee Assistance Program offers more.
• No other EAP delivers better results.

E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings.

View More >>

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply login at
www.theEAP.com/Educators-EAP, click the “Training Center” icon and choose the “New & Improved Trainings” icon.

• **The Bullying Epidemic | Course ID: SVL_072189**
  19 minute video with strategies and solutions to deal with bullying.

• **Cutting Edge Success at Work: Contribute to the Team | Course ID: SVL_066146_NQ**
  8 minute video on how to speak at meetings, volunteer help, and collaborate with others.

• **Personal Financial Health: Managing Your Debt | Course ID: SVL_1020578**
  7 minute video on gaining control over debt, knowing credit limits, reducing interest rates, and more.

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**Child & Elder Care Locator Tools**

Log in at www.theEAP.com/Educators-EAP and click on the Caregiver Resources tile to access Locator Services. Get help finding:

- **Child Care Services** Day Care, After School Programs, Summer Camp, HeadStart & more
- **Adult Care Services** Assisted Living, Continuing Care, Nursing Homes, In-Home Services & more
- **Educational Services** Public & Private Schools, Colleges & Universities, Pre & Nursery Schools, Tutoring & more
- **Parenting Services** Adoption, Childbirth Education, Maternity Services & more

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*To find more topics like this, we have many newsletters on a variety of subjects at the link below.*

[Click here to check them out! >>](https://outlook.office.com/mail/inbox/id/AAQkAGFmZDZkZDFmLW...tNDQ3ZS05NTgxLTQwY2UzN2QvYWM3MQAQAMtOC3sSuUtEi5GBNeGBfw%3D)
Related Resources

**HR Guide to Employment Law 2021**

While the pandemic has been dominating life in every sphere, it’s vital for HR staff to keep up with changing employment law. We’re offering a roundup of some of the key changes for 2021 and taking a look at issues that may result in legislation over the coming year.

Read More

Clients of ESI Employee Assistance Group have received this email to relay information about the employee assistance benefits for your organization. The EAP is a confidential benefit available to you, your employees and their family members.