



LIFESTYLE COACHING

CalHR's Employee Assistant Program (EAP) includes Lifestyle Coaching, a service that helps you grow and achieve your goals.

Professional telephonic or video conference coaching to help you find solutions for balancing work and home life, reduce stress, and manage time is just a phone call away.

Coaches can assist with a variety of topics including:

- Stress reduction.
- Work-life balance.
- Time management.

Get Started Today

1-866-EAP-4SOC (1-866-327-4762)

TTY Users: 1-800-424-6117

Visit: eap.calhr.ca.gov



Join state employees on the Healthier U Connections wellness platform for year-round access to wellness articles, healthy recipes, a fitness library, and more! Log in to [Healthier U Connections](http://HealthierUConnections) to access new resources on this month's topic: **New Year, Healthy You**. Register at www.calhrwellness.com using your work email address (*Registration Code: StateofCA*).

Introduction for the Statewide Engagement Employee Bulletin

Welcome to the CalHR Benefits Division Statewide Engagement Employee Bulletin designed to enhance the state's ability to holistically support the well-being of our employees. You will find monthly newsletters with topics related to wellness, employee assistance, engagement, and benefit provider perks. The monthly Statewide Engagement Employee Bulletin can be found on the [CalHR Benefits Division website](#). Additional Statewide Employee Engagement resources can be found in the Statewide Engagement Toolkit.

Self-Care Isn't Selfish

Self-care can be defined as making a commitment to activities that support your mental, emotional, physical, and spiritual health. With these elements in place, you'll have more energy to share with your family, friends, co-workers, and the larger world. So, if you're in the habit of neglecting your own needs sometimes, here are some ideas for changing that:

- Maintain yourself with healthy habits.
- Schedule some daily "you" time.
- Take breaks.
- Set boundaries and say "no" sometimes.
- Grab quiet one-on-one time.

Maximize Your Exercise Goals

Regular exercise reduces stress and your risk of heart disease and other health conditions. It also keeps you strong and fit. Perhaps you've added exercise to your list of New Years resolutions, but did you know that a well-rounded routine consists of 3 types of exercise?

1. **Aerobic (cardio)** is any moderate nonstop activity that boosts your heart rate and increases oxygen flow.
2. **Strength** building for muscle helps your body burn more calories, even at rest.
3. **Stretching** improves your range of motion, releases tension and helps prevent strain and injury.