

Hello and welcome to our August Wellbeing Update, this month we are shining a spotlight on our Employee Assistance Programme (EAP), provided by Vita Health, highlighting some of the features you may not be aware of.

Employee Assistance Programme - more than a helpline!

Many of you will know about the Employee Assistance Programme helpline, available 24/7 on: **0800 111 6387** and the self-serve hub available via my-eap.com, using the login on the left-hand side of the screen, entering the code **'Cheshirewell'**.

But did you know that there are a wealth of resources, articles, videos, training courses, podcasts and more also available on the hub, free of charge and available at any time!

We'll highlight just a few of them below, but why not take 5 minutes to have a look around the hub for yourself and see what you can find that might be useful. Taking just a small amount of time now could potentially save you time and support your wellbeing in the future.

My EAP Hub



When you log into the self-serve hub, you'll be faced with a number of tiles, covering topics such as My Worklife, My Money or Digital Wellbeing Programmes.

If you click on any of these sections you'll be provided with a range of articles, videos and support tailored to that topic.

Balancing Exercise and Work



One article within the My Health section looks at balancing exercise and work. We all know the benefits of exercising both on our physical and mental health, but fitting it around work and life commitments can often be a hard balancing act.

The article takes you through some desk exercises you can try if you're sat at your desk for long periods of time, as well as ways to stay active while working from home and finishes with a final word "small consistent adjustments can lead to significant improvement".

Also on the page are links to further support available on the hub, including a video on staying physically active, a podcast on sleep - why it's important and tips for improving your sleep, and another article on how long it takes to form a habit.

This is just one example of the information available on the hub and the information it can lead you too. Just taking a few minutes to learn about some desk exercises could help you boost your wellbeing in work and prevent issues creeping in at a later stage.

To access this article simply click on the My Health tile on the homepage and you'll see it towards the top of the list of articles.

Additional support from the EAP

The service takes a person centred approach based on your individual needs and isn't limited to mental health support, other support available includes:

- Financial wellbeing
- Legal advice and support
- Family and relationships
- Housing and property
- Employment
- Consumer Information

Confidential and Independent
The EAP is a completely confidential service. You can seek support for both personal and work-related matters, discussions remain private and we will not be informed that you have accessed the service.

Further information on the additional support provided by the EAP can be found on CEntranet - Why choose the EAP Service and EAP Services. You can also find editions of the Vita Health Group Newsletters.

A moment of inspiration!



In the Inspiration section you'll find a range of videos, covering a variety of topics - the power of social connection, ways to beat a bad habit, having a good conversation and more.

One video that could be particularly useful is the Mindful breathing exercise, within it is a 2 minute breathing exercise that can just help to ground you, put you into the present moment and help you feel less stressed or anxious. You might not feel you need it now but by learning the technique you will have it to hand when that moment arises that you do need something to just help you calm your mind and refocus!

Future editions

We'll be spotlighting more of the information from our Employee Assistance Programme over the coming months both in this Wellbeing Update and Team Voice, so watch this space.

Don't forget there are places you can turn to for extra support. Further details on this are available on our staff pages. If you have any winter wellbeing tips you would like to share, please send them to Organisational Development.

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