

# Recognizing an eating disorder

Your EAP is here to help



Eating disorders include anorexia, bulimia, and binge eating. These are serious health conditions that can cause dangerous problems, including damage to the heart and kidneys.

If you or a loved one struggles with an eating disorder, your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost, including:

- Free confidential counseling, in-person or online.
- Articles and tip sheets about eating disorders and healthy eating.
- Tips on how to approach a friend with an eating problem.
- Referrals to support groups and treatment.

These resources can help you recognize the signs of an eating disorder and find the treatment and support that's right for you:

## Professional counseling

Connect with a licensed professional counselor for online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “eating disorders” on the website to read articles that can help you and your loved ones.

## Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **1-800-999-7222**.
- Go to **anthemEAP.com**.



# Managing holiday stress



The holidays can be a time of joy and celebration. With all the expectations and commitments, however, the season also can make people feel stressed.

If you'd like help managing your stress or anxiety during the holidays, your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost:

- Tips for balancing work and family commitments
- Guidance for addressing stress and anxiety
- Tools and resources to help keep your life in balance
- Articles on staying healthy during the holidays

These resources can help you address your stress and anxiety and create healthy, lifelong habits.

## Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for "stress" on the website to read articles that can help you and your loved ones.



Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-800-999-7222.
- Go to [anthemEAP.com](https://www.anthemEAP.com) and enter your company name.

# Your Employee Assistance Program (EAP)

Call 1-800-999-7222

Go to [anthemEAP.com](http://anthemEAP.com) and enter your company name.



## In this issue:

- Creating healthy habits
- Starting and sticking to an exercise plan
- Steps for caring for your mental health



## Making healthy changes

A year is ending, a new one is beginning – and it's an ideal time to start fresh with a renewed goal to live a healthy lifestyle. Your Employee Assistance Program (EAP) can help, with ideas for getting started and support along the way.

### Creating healthy habits

What if exercising was as much of a habit as brushing your teeth in the morning? What if eating healthy foods was a constant, something you did without even thinking about it? By making health-positive actions part of your daily routine, you can make them less of a challenge, and more of a way of life. Here's how to start.

#### Recognize your habits.

Think about the regular things you do, from taking a shower to washing the dishes. Those repetitive behaviors can make you feel good, and they can actually affect your brain, too. Habits often become automatic, occurring without much thought.

If you have a habit that isn't a positive one, the first step to changing your behavior is to become aware of what you do regularly. Look for patterns in your behavior and note what triggers any unhealthy habits you want to change. Then work toward disrupting those patterns and creating healthy ones.



Tu programa EAP también ofrece información útil en español. Simplemente visita [anthemEAP.com](http://anthemEAP.com) y selecciona español.

*continued»*

## Make a plan.

Make a plan that includes small, doable goals and specific actions you'll take to move toward them. If you're used to having a 10 a.m. snack, try making it a 10 a.m. bottle of water or exercise break. If you like a dessert with dinner, consider substituting it with a decaf cup of flavored tea.

Also, consider what you think you'll need to be successful. Can you reach out to social media friends to find some walking buddies? Or adjust your family's diet to make sure you're all eating healthy foods? Think about obstacles. What has to change to help you meet your goals? Do you need to cut back on hours at work? Get a sitter so you can go to the gym? This is all about you taking charge of your health, and everyone who depends on you will benefit.

## Stay on track.

Doing positive things for yourself can feel great, but there will also be times when you wonder if you can stick with it.

Keeping a record can help. You can use a paper journal, computer program, or mobile app to note things like your diet, exercise, stress levels, or sleep patterns. Even when you think you're about to "fall off the wagon," continue to track your behavior. Sometimes, when you feel like you're failing, you can learn the most and make positive changes.

## Think about the future.

Some people have a harder time than others resisting their impulses. By learning that this is an issue and fighting the need for immediate gratification, you can make decisions that are better for you in the long run.

## Be patient.

When you're trying to adopt healthier habits, other health issues can get in the way. For example, mental health conditions like depression and anxiety can be tied to unhealthy behaviors. A health professional can work with you to address any underlying issues to make change feel easier and to help you be more successful. Your Employee Assistance Program (EAP) can help. Contact them any time if you need help starting, maintaining, or getting back into healthy habits. They're here to help you succeed.

It's never too late to make healthy changes. Make these wise choices to build healthy habits.

- **Plan.** Identify unhealthy patterns and triggers. Set realistic goals. Write down steps to help you achieve them.
- **Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.
- **Ask for support.** Find friends, family, coworkers, neighbors, or groups for support, or ask people to join you.
- **Fill your time with healthy activities.** Try exercise, a favorite hobby, or spending time with family and friends.
- **Track your progress.** Record how things are going to help you stay focused.
- **Imagine the future.** Think about future benefits to remember why it's important to stay on track.
- **Reward yourself.** Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage or personal time.
- **Be patient.** Improvement takes time, and setbacks happen. Focus on progress, not perfection.

Source: National Institute of Health: *Creating healthy habits: Make better choices easier* (accessed August 2022): [newsinhealth.nih.gov](https://www.nia.nih.gov/news/newsinhealth/nih.gov).



# Starting — and sticking to — a healthy plan for exercise

The new year is an ideal time for fresh starts. It's also a great time to work toward a healthier you, with a new plan to make exercising part of your life. How do you start?

## Step 1: Get rid of your roadblocks

You know all the reasons why you should start exercising, but it's easy to come up with just as many reasons, if not more, why you can't. Take on these roadblocks — head-on.

### Roadblock: I don't have time.

**Solution:** Break your exercise routine down into 10-minute chunks. Take a quick, brisk walk. Spend 10 minutes doing jumping jacks. Or spend 10 minutes standing in front of your desk instead of sitting.

### Roadblock: I don't belong to a gym.

**Solution:** You don't need one. Do you have stairs in your home or your office? Try going up and down them a few times. Is there a hill near your house? Walking up hills can give you a great workout. Other ideas: try using filled laundry detergent bottles or gallon jugs of water as arm weights.

### Roadblock: I don't think I'm healthy enough to exercise.

**Solution:** Start small. If you're worried about making it on a long hike, go around the block a few times so you can take a break at home if you get tired. Also, talk to your doctor and let them know you're worried about exercising. They should be able to help you create a plan that's safe for you.



## Step 2: Stick to it.

Once you're in a routine, it's easy to get a little bored. Here are a few tips to stay motivated:

- **Use online tools like the [NIH Body Weight Planner](#).** This planner can guide you through creating personalized calorie and physical activity plans to reach specific goals.
- **Try using a wearable.** Devices like pedometers and fitness trackers can help you count steps, calories, and minutes of physical activity.
- **Keep an activity journal.** Writing down what you've done can make you feel more accountable.
- **Set goals.** As you track your activity, try to set specific short- and long-term goals. For example, instead of "I will be more active," set a goal like, "I will take a walk after lunch at least two days a week."
- **Get support.** Ask a family member or friend to be active with you. Your workout buddy can help make your activities more fun.
- **Remember that you're the boss of your own health.** And if you need help, your Employee Assistance Program (EAP) is ready to support you.



## Caring for your mental health

Chances are, you've heard that you need to exercise and eat right to keep a healthy body. But what about your mind? Do you take any actions to work toward your mental health? Read on, and get a few basic tips for working on your mental wellness.

### Eat well

The food you eat can affect your energy level, physical health, and mood. Talk to your doctor about which foods are best for you. You can also visit [myplate.gov](https://myplate.gov) for tools to help you make good food choices.

### Get moving

Experts say people should be active every day for good health — and that includes your mental health. In fact, exercise has even been shown to help with symptoms of depression and anxiety. Your body makes certain chemicals called endorphins before and after you work out. They relieve stress and improve your mood. Exercise can also slow or stop weight gain, which is a common side effect of some medications used to treat mental health conditions.

### Sleep well

Your mind and body will feel better if you sleep well. Your body needs time every day to rest and heal. If you often have trouble sleeping — either falling asleep or waking during the night and being unable to get back to sleep — try these ideas:

- Go to bed at the same time every night and get up at the same time every morning. Don't sleep in. It could make you feel worse.
- Create a bedtime ritual by doing the same things every night for an hour or two before bedtime so your body knows when it is time to go to sleep.
- Avoid caffeine, nicotine, and alcohol.
- Eat on a regular schedule, and avoid a heavy meal before going to bed. Don't skip meals.
- Eat plenty of dairy foods and dark green, leafy vegetables.
- Exercise daily, but avoid activities that are too hard or might give you more energy before going to bed.
- Take a warm bath or shower before going to bed.



Visit [anthemEAP.com](https://anthemEAP.com) or call 1-800-999-7222 for confidential help at no extra cost.\*

¡Lee los artículos en español!  
Simplemente visita [anthemEAP.com](https://anthemEAP.com),  
ingresa EAP Log in y selecciona español.

For more advice on caring for your mental health, contact your Employee Assistance Program (EAP) team of experts. They can provide resources for counseling and give you advice on nurturing total wellness – including your emotional well-being.

Source: U.S. Department of Health & Human Services, Office on Women's Health, *Good Mental Health* (accessed March 2018): [womenshealth.gov](https://www.womenshealth.gov).



\* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential. This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

# Support for caregivers



Taking care of a loved one can be rewarding, but also demanding. Many caregivers, in fact, experience physical, emotional, and mental exhaustion – a condition called “caregiver burnout.”

Your Employee Assistance Program (EAP) offers a wide range of resources, available at no extra cost, to help you:

- Receive free confidential counseling, in-person or online.
- Find local support services.
- Find ways to take care of yourself and manage your stress.
- Address financial concerns.

These resources can help you recognize the signs of caregiver burnout and find the support you need:

## Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “caregiving” on the website to read articles that can help you and your loved ones.



Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call 1-800-999-7222.
- Go to [anthemEAP.com](https://www.anthemEAP.com) and enter your company name.

# With you every step of the way

Emotional Well-being Resources offer help when you need it



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com/ca](https://www.anthem.com/ca), go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.

Effective: 1/1/22

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

## A wealth of resources at your fingertips



### Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



### Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

1033584CAMENABC VPOD BV 06/21



# Your EAP news

Call 1-800-999-7222  
Go to [anthemEAP.com](https://anthemEAP.com) and enter  
your company name.

## In this issue:

- The importance of financial well-being
- Creating a budget – and sticking with it
- Budgeting in uncertain times
- Saving for retirement



## Working toward financial wellness

To work toward total health, it's important to pay attention to your financial wellness. Your Employee Assistance Program (EAP) is here to help, with advice on topics like setting financial goals, creating a budget, and investing for the future. Reach out if you would like financial wellness guidance, and read on to learn more.

### The importance of financial well-being

Financial health can be an important part of total health. In fact, improving your financial well-being can help you avoid sleep loss, anxiety, digestive problems, and other physical health issues that can happen when you are faced with stresses about money. Since mental and physical health can directly benefit from healthy finances, it's vital to take steps to help improve financial well-being.

You can achieve financial well-being when you:

- Have control over day-to-day and month-to-month finances.
- Have the money to absorb a financial shock.
- Are on track to meet your financial goals.
- Have the financial freedom to make choices that allow you to enjoy life.

How can you start on your journey to financial wellness? Try taking these three steps.

- Take a close look at your current situation; determine if there is a pattern to how much and when you spend.
- Create a realistic budget and stick to it. Use the article in this newsletter as a guide.
- Ask for help. Your Employee Assistance Program (EAP) can be a great resource for you, with guides to setting goals, creating budgets, and working toward all aspects of total health.



Tu programa Employee Assistance Program (EAP) también ofrece información útil en español. Simplemente visita [anthemEAP.com](https://anthemEAP.com) y selecciona español.

## Creating a budget — and sticking with it

Making and sticking to a budget are key steps toward financial wellness. Getting started can be the hardest part, especially if your finances feel out of control. These easy-to-follow steps can help you create a budget that works well for you.

- **Step 1: Record all of your sources of income.** You may be self-employed, have multiple jobs, or receive child support or government benefits. All of these sources should factor into what you have available to make ends meet.
- **Step 2: Log all of your spending.** If this feels overwhelming, start small and look at your expenses one week at a time by either reviewing your receipts or your checking account. You could also start a daily log of your expenses so you're making sure to capture those small expenses — like buying breakfast or lunch instead of bringing it with you — that add up over time.
- **Step 3: Write down what bills you are expecting and when they are due.** Mortgage or rent, utilities, car payments, payments on debts, and parking fees all add up in your budget.
- **Step 4: Create your working budget.** Once you've identified all your income sources and started tracking your spending and when your bills are due, [use this budget worksheet](#) from the Consumer Financial Protection Bureau to create a working and realistic budget.



After you've created your budget, remember — you have to stick to it. Following a budget takes effort, but here are a few important tips for being successful:

- **Create a budget tracking method that works for you,** whether it's a daily journal or putting receipts in a folder that you review at the end of each week.
- **Look at your spending habits and adjust accordingly.** If you know you're prone to impulse spending, create a plan that is doable to help you limit that spending. Or, if you know you spend a lot in the summer on weekend getaways, plan for those expenses year-round.
- **Set a goal.** Whether it's small or large, it's helpful to have an end goal and something you're working toward. Also, rewarding yourself, even in small ways, can help you keep up with any progress you have made.
- **Develop a support system.** Similar to sticking to an exercise routine, it's easier when you're surrounded by family and friends you can trust to offer you support, either by doing a budget with you or helping you find answers to questions.

If you could use more advice on budgeting, please reach out to your Employee Assistance Program (EAP) for guidance. We are here to help you with every aspect of total health.

## Budgeting in uncertain times

The pandemic has had a major impact on people's lives, and for many, that includes finances. Taking a close look at your personal finances and making a financial plan can help alleviate any stress you might have experienced from the impact of COVID-19.

Budgeting during the current pandemic has many of the same basic steps you would take if you were creating a budget at any other time. If you don't have a budget, use the article in this newsletter as a guide to creating one. Then, once you have defined your budget, take steps to:

- 1. Prioritize.** Looking at the list of expenses that you just created, determine what are the most important items. Basic needs, like food and housing, are at the top of the priority list. The greatest cuts to your budget will be to areas that are wants and not needs.
- 2. Locate assistance resources if you need them.** Communities are working together to provide food assistance for those in need. Keep in mind that financial assistance is always a limited resource. A good starting place when trying to locate financial assistance programs is by calling 211 or going online at [unitedway.org/our-impact/featured-programs/2-1-1](https://unitedway.org/our-impact/featured-programs/2-1-1).
- 3. If your job is insecure, start a job search.** Many businesses are searching for workers. Consider moving into a job where your skills are considered more essential.
- 4. Save where you can.** Even if your income isn't being impacted by the pandemic, it's a good idea to create a savings plan. That way you'll be prepared for other possible disruptions in the future.

Also, to help ensure your financial health through the pandemic, it's important to preserve or improve your physical and mental health. Continue to exercise, eat nutritious foods, manage your mental health, and take all the steps you can to protect yourself against COVID-19.

### Sources:

The Motley Fool website, *How to build a budget during COVID-19* (accessed November 2021): [fool.com](https://fool.com)  
MoneyFit blog, *The coronavirus COVID-19 and your finances* (accessed November 2021): [moneyfit.org](https://moneyfit.org)

The National Foundation for Credit Counseling website, *5 steps to prepare yourself financially for the uncertainty of coronavirus* (accessed November 2021): [nfcc.org](https://nfcc.org)  
Gaddis, A. (2020, March 26). *Budgeting during uncertain times* (C. Gregg-Meeker, Ed.). Raleigh, NC: Workplace Options.





## Saving for retirement

No matter what your age, it's never too early (or too late) to start planning for retirement. Saving enough to retire requires years of planning and effort, since according to experts, you may need as much as 80% of your preretirement income to continue living as you do now. The exact amount will depend on your individual needs.

As you plan, ask yourself these important questions:

- At what age do you plan to retire? Even a few extra years of working can mean more income for you in the future.
- Can you participate in an employer's retirement savings plan? This includes 401(k) plans and traditional pension plans. In some cases, employers will match your contributions as a benefit.
- If you have a spouse or partner, will they retire when you do? Consider both of your situations together.
- Where do you plan to live when you retire? Will you downsize, rent, or own your home? If you have a mortgage, will it be paid off by then?
- Do you expect to work part-time? What do you see yourself doing?
- Will you have the same medical insurance you had while working? Will your insurance coverage change? Don't assume Medicare will be your only coverage when you retire.
- Do you want to travel or pursue new hobbies? If so, you may want to build additional long-term savings into your plan.

Here are some tips for starting to plan for your retirement:

- Get insight for building your retirement savings by reading articles from reputable sources. Contacting your Employee Assistance Program (EAP) is a great place to start.
- See how the age you retire affects how much you'll receive from Social Security. This calculator can help: [consumerfinance.gov/consumer-tools/retirement/before-you-claim](https://consumerfinance.gov/consumer-tools/retirement/before-you-claim).
- Social Security pays benefits that are generally equal to about 40% of your preretirement earnings. The Social Security Administration (SSA) has online tools to help you estimate your benefits: [ssa.gov/benefits/retirement](https://ssa.gov/benefits/retirement).
- Learn from Investor.gov how you can boost your retirement savings: [investor.gov/additional-resources/retirement-toolkit/first-job](https://investor.gov/additional-resources/retirement-toolkit/first-job).
- If you have a financial advisor, talk to them about your plans.

If you'd like guidance with planning for your retirement, your Employee Assistance Program (EAP) is here to point you in the right direction. Reach out if you need us — because your financial future starts today.

Source: USA.gov, *Saving for retirement* (accessed November 2021): [usa.gov](https://usa.gov).



Important: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations. You may wish to contact an appropriate professional for questions concerning your particular situation.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

# Recovering from domestic violence



If you have suffered physical, sexual, or psychological abuse from a spouse or intimate partner, know that you are not alone. Recovery takes time, but it is possible to heal, physically and mentally.

Your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost, to help you:

- Find resources and assistance
- Cope with the aftermath of trauma
- Address stress and anxiety

**If you are in immediate danger or have just experienced sexual violence, find a safe place and call 911.**

These resources can help you understand the trauma caused by domestic violence and find the support you need for recovery.

## Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “domestic violence” on the website to read articles that can help you and your loved ones.



## Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **1-800-999-7222**.
- Go to **anthemEAP.com** and enter your company name.



# Caring for yourself as you care for others

Visit [anthemEAP.com](https://www.anthemEAP.com) or call  
1-800-999-7222 for confidential help at no  
extra cost.\*

*¡Lee los artículos en español! Simplemente  
visita [anthemEAP.com](https://www.anthemEAP.com), ingresa EAP Log in y  
selecciona español.*

## Learn how to find support with help from your Employee Assistance Program (EAP)

When we take care of a loved one and focus on their needs, we often don't remember to give our own well-being enough attention. Your Employee Assistance Program (EAP) can help you manage your situation and connect you to resources for support services like counseling, childcare, and senior housing. Reach out for help — because caregivers need a helping hand, too.

Log on to our website this month for helpful information on caregiving.



\* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 03/21



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com), ingresa EAP Log in y selecciona español.*

# Using tools and strategies to cope

## Your Employee Assistance Program (EAP) can help you focus on your well-being

If you have anxiety in your daily life, positive thoughts may help you manage it. This is called reframing, and it involves taking negative thoughts and replacing them with more hopeful and upbeat ideas. You may also want to talk to someone if you need help turning negative thoughts into positive ones. Your EAP experts are here to guide you toward making a positive change.

Log on to [anthemEAP.com](https://www.anthemEAP.com) this month to read our feature articles.



\* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 01/21



# Organizing for greater success

Your Employee Assistance Program (EAP) can show you how to create a plan and work toward following it

Knowing how to best manage time and tasks can help lower stress you may have in your life.<sup>1</sup> Your Employee Assistance Program (EAP) can help by teaching you tips to become more organized at work and in life.

Log on to our website to check out this month's features:

- Planning in times of uncertainty
- Organizing skills
- How to be more organized
- Fear of success
- Podcast: Check, challenge, and change your thoughts



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.<sup>2</sup>

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.*

<sup>1</sup> Mayo Clinic, *Stress management overview* (Accessed December 2020); [mayoclinic.org](https://www.mayoclinic.org).  
<sup>2</sup> In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.





# Working toward happiness

## Take on 2021 with your Employee Assistance Program (EAP)

Each day, your choices, thoughts, and actions can influence your overall mood.<sup>1</sup> Your Employee Assistance Program (EAP) can help keep everything in perspective by showing you how to be present in the moment and create a more positive outlook.

One way your Employee Assistance Program (EAP) does this is by bringing you helpful news and articles. Log on to the website this month to check out these features on making positive changes.

- Positive reframing
- 8 steps to finding happiness
- Changing negative thoughts about yourself to positive ones
- Podcast: Creating a happiness hygiene routine



Visit [anthemEAP.com](https://anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.<sup>2</sup>

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://anthemEAP.com) y selecciona español.*

<sup>1</sup> Mayo Clinic, *How to be happy: Tips for cultivating contentment* (Accessed December 2020): [mayoclinic.org](https://mayoclinic.org).  
<sup>2</sup> In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



# Guidance for a fresh start

Your Employee Assistance Program (EAP) can help you set goals for the new year

2020 has been a challenging year. If you are looking forward to a fresh start in the new year, your Employee Assistance Program (EAP) is here to help you set goals and work toward achieving them.

One way your EAP does this is by bringing you helpful news and articles. Log on to the EAP website this month for guidance for starting the new year, with features including:

- New Year's resolutions for mental health
- How to set meaningful goals
- Achieve your goals by changing habits
- The science of goal setting
- Podcast: Are you ready for change?



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.*

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 11/20



# Creating stronger relationships

Your Employee Assistance Program (EAP) can show you how

Whether it's your family, your coworkers or your significant other, maintaining good relationships takes some work! Your Employee Assistance Program (EAP) can help by showing you how to positively communicate and address conflicts. For example, if money is stressing your relationship, you may want to get help from a financial guide. Or if your relationship is suffering because you don't have enough time in your life, you can tap into referrals for everything from housekeepers to dog walkers. Ask your EAP team of experts for help and learn how to keep healthy relationships.

Log on to our website this month to read these feature articles:

- Building social bonds
- Caring and making connections
- Do social ties affect your health?
- Building a strong relationship: finding time



Visit [anthemEAP.com](https://anthemEAP.com) or call 1-800-999-7222 for confidential help – at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://anthemEAP.com) y selecciona español.*

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 01/20



# Taking care of others – and yourself

Learn about caregiver support from your Employee Assistance Program (EAP)

If you're caring for a loved one, it's important to take care of yourself too. Your Employee Assistance Program (EAP) can help. We have specialists who can help you manage your situation and find resources. You can get support for going back to work after taking leave. You can also get connected with services like counseling, child care and senior housing. Ask your EAP team for help – because caregivers need care, too.

Log on to our website this month to read these feature articles:

- Take care of yourself while caring for others
- What is self-care?
- Helping older adults
- The sandwich generation: caregivers in the middle



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help – at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.*

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

110207MUMENABC-SD 01/20