

Employee and Physician Assistance Program (EAP)

WELLNESS WORKSHOPS

Schedule a healthy presentation for your work group. EAP's Wellness Workshops are FREE and available by request.

Contact us for more information or to schedule:

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Sacramento/Rancho/Pt. West: Marissa E. Pierce, MFT (916) 486-4781, or 8-478-4781
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One-Moment Meditation (OMM)

Helping others can be very rewarding, but it may cause a lot of stress and anxiety. So in order for us to do our jobs, we have to take care of our emotional and physical health. Kaiser Permanente believes that meditation can be a powerful tool in relieving stress and promoting calmness. Martin Boroson's *One-Moment Meditation* (OMM) is a proven tool to help you regroup in a short amount of time.

Positive Communication in the Workplace

Review the important elements of professional communication skills including: listening skills, using "I statements" to reduce defensiveness, awareness of non-verbal cues and ways to communicate assertively and respectfully. Are we aware of our own communication style and triggers? Are we open to learning positive ways to have difficult conversations? Do we tend to avoid conflict and let resentments build? How can our communication skills create a work environment that feels great?

Elements of Wellbeing Series

There are 6 elements of wellbeing that can impact the joy and meaning of an individual's life:

- **Career**-how you occupy your time and like what you do each day
- **Social**-having a strong relationship and love in your life
- **Financial**-effectively managing your economic life to reduce stress and increase security
- **Physical**-having good health and enough energy to get things done daily
- **Community**-the engagement and involvement you have within the area where you live
- **Emotional**-how your emotions and your emotional resiliency affect your overall health

A Gallup Poll found that 66% of people are doing well in one area of wellbeing but only 7% are thriving in all six. At these EAP workshops, you will learn more about the six elements; identify which ones you are doing well in and the ones you can improve.

Social Wellbeing

Understand the importance of various relationships in your life and how they can enhance or detract from your wellbeing. Learn ways to analyze and improve your relationships and understand when relationships become destructive.

Financial Wellbeing

Learn how our ways of managing finances can directly affect our wellbeing. Understand how our emotional responses to money and finances can affect relationships. Learn some creative ways to approach financial management.

Physical Wellbeing

Understand how the physical and emotional are all part of one mind-body system, and how individual parts affect the whole. Understand the many aspects that are a part of physical wellbeing, including nutrition, exercise, life style habits, stress management, and emotional coping.

Community Wellbeing

Learn how our relationship to our larger community can affect wellbeing. Understand various ways to enhance community wellbeing, including volunteer opportunities, mentoring others, practicing gratitude and “paying it forward”.

Emotional Wellbeing

Understand how our emotional wellbeing is affected by a variety of factors, including our wellbeing in each of the other areas. Learn ways to improve emotional coping through relaxation, practicing gratitude, and increasing resiliency.

Career Wellbeing

Learn how our choice of career can affect our overall wellbeing. Gain some new ways of looking at our career and how some simple changes may lead to greater fulfillment. Understand how some of our needs may be met through hobbies or other activities outside our primary career choice.