

Work-Life Balance

EMPLOYEE ASSISTANCE PROGRAM SUPPORT

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Work-Life Balance Support Services

General services available: Work-Life Services are here to help you and your household members. Specialists are at the ready to provide you with expert guidance, information, and personalized referrals to service providers in your area.

There are number of mental health educational resources listed in the following websites, supported through CalHR EAP.

<https://soceap.magellanascend.com/Content/View/19369>

<https://www.magellanhealthcare.com/about/bh-resources/mymh/>

PARENTING

- Adoption
- Ages & Stages
- Breastfeeding
- Care Options
- Children with Special Needs
- Pregnancy

SENIORS

- Care Options & Costs
- Caregiving
- Health Conditions
- Healthy Mind & Body
- Safety Concerns

EMOTIONAL HEALTH

- Anger Management
- Anxiety
- Depression
- Grief & Loss
- Relationships
- Self-Improvement
- Stress Management
- Substance Abuse & Addiction

HOUSE & HOME

- Cooking & Entertaining
- Gardening
- Improvement & Repairs
- Organizing & Cleaning
- Outdoor Spaces
- Safety

WELLNESS

- Diet & Nutrition
- Fitness
- Preventative Care
- Sleep Health
- Smoking Cessation

TRAVEL & LEISURE

- Bicycling
- Camping
- Destinations & Experiences
- Family Adventures
- Fishing
- Hiking
- Other Hobbies/Activities
- Travel Tips

FINANCE

- Budgeting
- College & Education
- Credit & Debt
- Financial Hardship
- Home Buying
- Retirement
- Taxes

EDUCATION

- College
- Early Education
- Elementary & Secondary School
- Promoting Learning

PETS

- Pet Services
- Wellness

LEGAL

- Bankruptcy
- Child Custody
- Divorce
- Elder Law
- Estate Planning
- Identity Theft
- Landlords & Tenants
- Lawsuits & Disputes

CAREER

- Communication Skills
- On-the-Job Success
- Organization & Time Management
- Staying Healthy at Work

Suggestions for Improving Work-Life Balance:

- 1) State leadership should conduct active training sessions to build resilience in the individuals give them the ability to deal with challenges, adapt and grow
- 2) State leadership should regularly evaluate the effectiveness of work-life balance measures through employee feedback, surveys, etc.
- 3) State leadership should encourage to organize the events for employees every month to strengthen healthy relationships among co-workers