

## Quarterly Review

January – March 2021

As we have moved into the new year, we continue to face work-life challenges, both old and new. The Ulliance Life Advisor EAP continues to provide relevant, timely guidance and direction on current and ongoing difficulties, such as the COVID-19 pandemic, working from home, and managing school-age children who are now virtual learners. We also provide helpful tips and resources on “timeless” topics such as effective time management, getting organized, and maintaining healthy boundaries when you have a loved one who struggles with addiction. As we set our sights towards the spring and summer months, a time of renewal and hope, we will continue to address new challenges as they arise and maintain our commitment to improving the lives of those we serve.

Below are links to articles and promotional materials published during the first quarter. The documents can be **downloaded** and distributed to your employees, **posted** to your employee portal, or hard copies can be **distributed** during meetings and events. The employee and manager webinars can be **viewed at a time convenient** to employees and family members.

### Employee Newsletters

[Being on Time in 2021](#)

[COVID-19: Emotional Recovery](#)

[Vaccine Stress](#)

[Cleaning Out the Closet](#)

[Loving Someone Who Disappoints You](#)

### Manager Bulletin

[“How Ya Gonna Keep them Down on the Farm”](#)

### Promotional Materials

[Managing Change Infographic](#)

[Domestic Violence Awareness Poster](#)

### Employee Webinars

[Time Management](#)

[Creating Meaningful Spaces](#)

[Supporting Loved ones Through Substance Use](#)

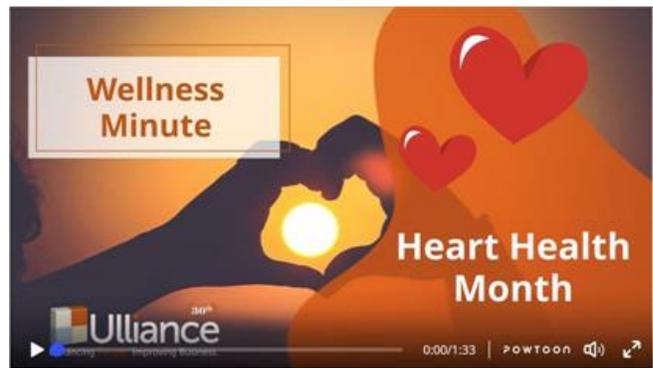
### Manager Webinars

[Managing Multiple Generations](#)

[Developing an Inclusive Work Environment](#)

[Beating Burnout](#)

## Wellness Minutes



## Ulliance Recommendations for Q2 2021

- Take inventory of your current promotional materials
- Contact your AM to set up EAP representation at:
  - open enrollment events
  - health benefits fairs
  - events related to other planned initiatives
- Check bulletin boards, remove old materials, replace with updated versions
- Invite your AM to provide an on-site orientation OR arrange for virtual presentations



**When is the last time your staff had an orientation?  
Educate and inform employees of the valuable resources in the EAP.  
Call us- we're here to help **877.912.2733****