

Employee Assistance Program

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Wellness Resources

EAP acknowledges the difficulty that this pandemic has caused for City staff and your family members. During this time it is essential to take care of yourself and your loved ones. We want to offer a variety of resources to support your wellbeing and offer some suggestions for self-care during this challenging time. Some of you may have received a similar mailing previously. This email is to ensure that everyone is aware of available resources and to offer a reminder to please reach out if we can support you.

– The EAP Team (Tresa, Arlyn and Sherri)

Articles to support you:

[Healthy Minds Program](#) (Center for Healthy Minds, UW-Madison)

[Creating Healthy Routines](#) (Mental Health America)

[Finding Hope in Challenging Times](#) (Psychology Today)

[When You Can't Regulate Your Emotions](#) (Psychology Today)

[Coronavirus Anxiety Workbook](#) (The Wellness Society)

Available in several languages

[Setting Boundaries during Coronavirus](#) (Psychology Today)

[Parenting in a Pandemic: Tips to Keep the Calm at Home](#) (Healthy Children)

[Building Mental Health Resiliency during a Crisis](#) (USC School of Social Work)

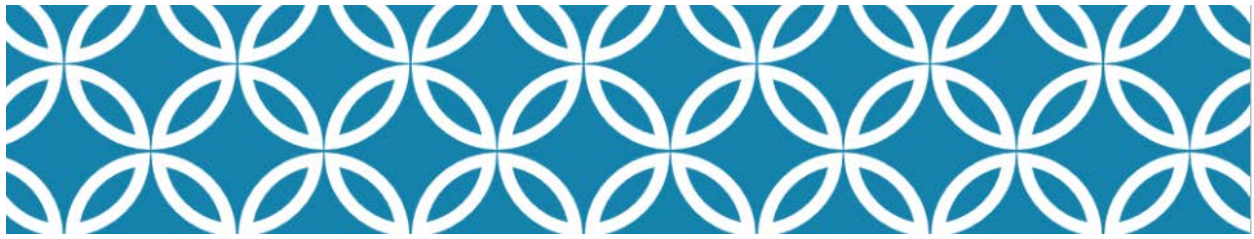
This article focuses on:

- What is mental resilience?
- Tips for building resilience
- What is stress management?
- Exercises for stress management

[Emotional Intelligence Toolkit](#) (HelpGuide)

HelpGuide's Emotional Intelligence Toolkit is a step-by-step guide that can help you to:

- Change self-defeating moods and attitudes
- Quickly manage stress and anxiety
- Stay connected to what you feel as well as think
- Short videos on stress relieve techniques
- Audio guided meditation



Resources available to you:

- Either City of Madison EAP or our external provider can connect you or your family members with mental health counselors:
 - Call City of Madison EAP at 266-6561 or email eap@cityofmadison.com
 - Call FEI, the City's external EAP, at 1-800-236-7905

- The City of Madison EAP and FEI websites are available to you and your family members 24/7. For information on anxiety, depression, grieving during a pandemic, and many other topics check out these links:
 - [City of Madison EAP Website](#)
 - [COVID-19 Resources](#)
 - [Mental Health & Wellbeing Resources](#)
 - [EAP Connections Newsletter Archive](#)
 - In case you missed it way back in February and March of this year, *Connections* featured detailed information about accessing mental health services through the EAP or through your health insurance provider.
 - [Accessing Mental Health Services, part 1](#)
 - [Accessing Mental Health Services, part 2](#)
 - [FEI Website](#) (Username: Madison)

- [EAP Facilitators](#) are also available to support you and provide you with information about the Employee Assistance Program. Feel free to reach out to the Facilitator in your own department or in any department.

Please don't hesitate to reach out to your EAP, we are here to help!