



EWS DECEMBER NEWSLETTER

Tuesday, December 1, 2020

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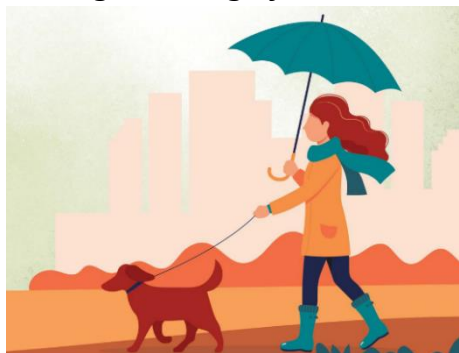
INTRODUCTION

NEW! The MDSU is now the Employee Wellness Services (EWS)! EWS administers work, family, and leave programs for the department, including Family Medical Leave, Workers Compensation, EAP, Wellness, Reasonable Accommodation, and more. Want to learn more about the EWS? Please see [HRB Memo 20-037](#) and visit our [Employee Wellness Services Page](#).

Every month, the EWS would like to share new and present resources with all staff that range from promoting a work and family balance, program services for mental health, and general well-being and health.

EMPLOYEE ASSISTANCE PROGRAM (EAP) DECEMBER UPDATE

Setting the Stage for 2021



What goals do you want to accomplish this year? Perhaps it's improving your health, relationships, or finances. Healthy habits are strengthened and reinforced when you can see what you're accomplishing and feel good about your choices, but change doesn't happen overnight. Old habits can be hard to break. Setting small but realistic goals, steadily tracking your progress, holding your self accountable, and managing setbacks can result in the positive changes you desire. Please take a look at EAP's

December Featured Article, "[Setting the Stage for 2021](#)".



Featured Service: Telehealth

Have you ever felt that you'd like help working through an issue, but you're stretched for time or just don't feel comfortable meeting in-person with a counselor? The EAP's Telehealth services offer confidential and convenient access to an EAP provider via video teleconference, all at no cost to you. All you need is a smartphone or computer with a webcam, and high-speed Internet access. Telehealth offers fast and private access to mental health services, and flexible appointment times. Please visit [EAP](#) to learn more about Telehealth services and get expert help.

Upcoming Online EAP Webinars

December – Exploring Habits for Positive Behavior Change

Wednesday, December 9, 2020 | 2:00 – 3:00 p.m.

Description: In this webinar, we will discuss why behavior change is difficult and how habits are formed. We will identify ways to form new habits, how to eliminate bad habits and learn how to manage habit slipping and procrastination. We will also learn methods to track habits for positive behavior change.

Please make sure to request supervisory approval through [LEARN](#) prior to registering for the webinars.

[The CDFW EAP intranet page has been updated! Please visit the page for monthly updates and resources.](#)

Families First Coronavirus Response Act – Expires December 31, 2020!

The EWS would like to remind all eligible CDFW employees that the new benefits provided under the Families First Coronavirus Response Act (FFCRA) – Emergency Paid Sick Leave Act (EPSLA) and the Emergency Family & Medical Leave Act (E-FMLA) – will be expiring on **DECEMBER 31, 2020**. As a reminder, these benefits are available to eligible employees who are impacted by COVID-19 and need time off either due to illness of self or a family member, distance learning, or child care due to daycare closure. Please visit the [COVID-19 Leave Support Intranet Page](#) for more information on these programs, including options for Law Enforcement Division Personnel employees exempt from FFCRA and additional resources!

At this time, there is no information regarding the extension of these programs into 2021.

Sharing the Holidays with your CDFW Family



The EWS wants to know how you are spending the holidays – whether it be outdoor or indoor décor, matching family pajamas, or festive holiday spreads. Send us your photos to share with the rest of the CDFW Family! Shared photos will be featured in our January Newsletter and on our webpage.

Please send pictures to Haya Johnson at Haya.Johnson@wildlife.ca.gov.

(first ornament on our non-traditional fake light up maple tree! – Haya)

What's for Dinner? Introducing the CDFW Cookbook!



The EWS would like your help in building a [CDFW Cookbook](#)! If you are interested in contributing a recipe, please send your recipe and pictures to [Jennie Lee](mailto:Jennie.Lee@wildlife.ca.gov) (Jennie.Lee@wildlife.ca.gov). You can send us anything - appetizers, salads, soups, main dishes, side dishes, desserts, or your favorite mixed drink recipes. You can include pictures of the finished dish or a link to your YouTube cooking tutorial.

Our current [cookbook](#) has several recipes for you to try! If you make a dish shared by your fellow-CDFW, let us know how it turned!

Featured below in order: Mariel Boldis' Speedy Chilaquiles Rojos; Marcia Grefsrud's Possum Pie; Morgan Ivens-Duran's Brussels Sprout Salad; Morgan Ivens-Duran's Biscochos; Haya Johnson's Caramel Apple Sheet Cake (GF); and William Cowan's Cornbread Stuffing with Andouille, Fennel, and Bell Peppers. Please visit the [Cookbook](#) for more!



HEALTHIER U CONNECTIONS – COMING 2021



Healthier U Connections is coming to CDFW 2021!

Check out CalHR's latest Teaser Trailer of the app:

[CalHR Healthier U Connections Teaser Trailer.](#)

Holiday Stress



For many busy families, the hustle and bustle of the holiday season brings more stress than joy. However, there are steps you can take to reduce holiday stress, such as maintaining healthy sleep and exercise routines, and choosing just a few meaningful activities.

Please read Mind your Health's [Nine Tips to Reduce Holiday Stress.](#)

EAP FALL 2020 VIRTUAL STATEWIDE WORKSHOPS

All sessions are free and available to state employees. Before planning to attend, employees should ensure supervisor's approval. To access webinars after the live event, please visit the [EAP Fall 2020 Virtual Training Series webpage](#). Trainings will be recorded and available on the website approximately two to three weeks after the live event.



[How to Build Resilience and Adaptive Skills During COVID-19](#) - Monday, **December 7, 2020** at 12:00 – 1:00 p.m. (PT)

The COVID-19 pandemic has brought uncertainty, rapid change, worry, and stress to our world. Attend this training to learn insights on reasons people are feeling stress and panic, tips on how to build resiliency and fine tune adaptive skills, how to help children cope and thrive, and when professional intervention may be needed.

Additional Resources and Contacts

- [EAP Self-Care APPs](#)
- [EAP Website](#)
- [CDFW's EAP Intranet](#)

EWS Contact Information

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If you have any questions or suggestions on how EWS can better service you, please contact me.

Thank you!

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