

EMPLOYEE WELLNESS SERVICES

MARCH 2021 EDITION

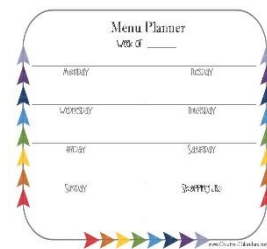
The Employee Wellness Services (EWS) administers work, family, and leave programs for the department, including Family Medical Leave, Workers Compensation, EAP, Wellness, Reasonable Accommodation, and more. Please visit our page for updates at: [Employee Wellness Services Page](#). Every month, the EWS 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.

National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year the focus is on [Personalizing your Plate](#). There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes! You can make a few simple changes on your own, with a little dedication and education, to lead a healthier life. Here are some tips from the Academy of Nutrition and Dietetics:



Learn skills to create tasty meals to share and enjoy.

Enjoy healthful eating at home, school and work.



[Play the Fact or Fiction Quiz](#)



Eat a variety of nutritious foods every day.



EAP March Update

Many of us worry about bills and being in debt, but you can take control of your finances and improve your financial health with simple strategies.

Inside this month's issue you will find information on:

- The monthly article that outlines how to plan for a secure [financial future](#) and improving your financial well-being.
- EAP Featured Benefit: [Financial Services](#).
- **NEW! DIGITAL SELF-CARE PROGRAM AND APP.**
- March is National Sleep Awareness Month.
- Mind Your Mental Health: A campaign focusing on increasing awareness around mental health issues. A new program tile is now **LIVE** on the EAP website; go to <https://soceap.magellanascend.com/> . Under "Explore Services," click the right arrow four times.
- **NEW! MANAGER ARTICLE AND TIPS**
- [Spring and Summer 2021 Virtual Training Series](#)

The upcoming live webinars:

- Wednesday, March 24, the manager webinar - *Leading Powerfully During Change and Uncertainty*
- Wednesday, April 14, the employee webinar - *Overcoming Stress and Burnout*

Employee Wellness Update and Tips



Upcoming wellness webinars and wellness resources available:

- **Healthier U Connections - Path to Better Nutrition Challenge**
The statewide Path to Better Nutrition challenge has kicked off! The goal of this challenge is to consume 5 servings of fruits or vegetables per day through April 30 and features your very own virtual garden. For every 10 servings of fruits or vegetables you track, you can watch your garden grow! Login to [Healthier U Connections](#) (Registration Code: Wellness2021) year-round to access additional wellness articles, healthy recipes, a fitness library, and more!
- **Weight Management Tips (March 24)**
Discover how healthy lifestyles choices, exercise, and a positive attitude can help with weight management.
 - [11:00 am – 12:00 pm Registration Link](#)
 - [1:00 pm – 2:00 pm Registration Link](#)
- **Healthy Habits (March 30)**
Join this webinar to learn how to create new health habits and make behavior change work for you.
 - [11:00 am – 12:00 pm Registration Link](#)
 - [1:00 pm – 2:00 pm Registration Link](#)
- **Community Fit Winter Session
Tuesday and Thursdays through April 29**
For more information about these lunch time fitness classes, see the [Community Fit Flyer](#).
 - Watch this [short video](#) to learn about key features of this wellness platform.

To register:

- Register at www.calhrwellness.com using your work e-mail address.
- Registration Code: Wellness2021
- You will need to register even if you already had an account in Healthier U Connections prior to 2021.

*If prompted with a registration password, use “wellness”

Note: Healthier U Connections is a voluntary, confidential wellness program for state active employees, and only aggregate data is provided to departments.

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!



[Please visit the CDFW EAP intranet page for monthly updates and resources.](#)

Additional Resources and Contacts

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

EWS Contact Information

Employee Last Name	Analyst
A-G	Wonwyne Hale
H-O	Pamela Grant
P-Z	Jennie Lee

EWS Manager: [Laura Hammitt](#)

EWS Specialist: [Michael Newbert](#)

Assistant Branch Chief: [Angela Rodriguez \(A\)](#)

If you have any questions or suggestions on how EWS can better service you, please let us know!