



rEAP the Benefits

Your Employee Assistance Program 1-800-308-4934

Behind the scenes at the EAP



As we continue introducing you to the people who help support the Employee Assistance Program, we wanted you to meet Vanessa London. Vanessa is the person you speak with when contacting EAP. Her warm voice and caring spirit

are well suited for her role here. Beyond helping people, she coordinates the over 600 annual hours of training. Working with various partners, she helps people register for trainings, as well as coordinating with the speaker and training site. Beyond EAP, Vanessa is an Edison Super User and timekeeper and the records officer for Benefits Administration.

She has been in her current role for over three years and has over 16 years of service with the State. When asked about her favorite aspect of her job she said, "helping people get what they need. I've always been a people person and I consider it a privilege that employees feel comfortable enough with me to allow me to help them connect with our EAP."

Outside of work, Vanessa has many other roles including devoted daughter, wife, and mother of three adult children. She is completing her bachelor of science at Middle Tennessee State University with a degree in psychology. With only six hours to go, she is thrilled about seeing all of her hard work completed.

She and her husband enjoy traveling. Recent trips include St. Louis and Birmingham where Vanessa is always quick to find the best shopping. She is an avid reader, devouring several books each week during her van commute from Murfreesboro. She also enjoys cooking, and is most famous for her pineapple upside cake, which coworkers require at every office celebration. Her favorite thing to do is to curl up with a good book. She enjoys writing poetry and is currently working on a novel.

Your Employee Assistance Program is available to you 24/7, simply call 1.800.308.4934 for confidential assistance provided at not cost to you.

? Did you know about this? ?

Did you know that your EAP allows you to speak with a financial planning expert at absolutely no cost to you?

During this season in which many employees have not seen pay increases in years, it is more important than ever to have a plan in place to help you manage your financial resources. Access to these resources is simple, just call 1.800.308.4934 and ask to speak with a financial coach. You will then be transferred to an organization that provides both financial and legal consultations. You may speak with someone right away, or a financial counselor will call you back within three hours. Phone consultations are at no cost to you and are generally completed in 60 minutes.

Not certain you are ready to speak with someone? Just log on to www.magellanassist.com and follow the links to the financial tools section of the site where you will find countless articles, budget worksheets and other tools that set you up to be successful in your quest for financial peace.

Holiday Eating Survival Tips

Here comes the stuffing....or perhaps not!

The holidays can add inches to our waistlines every year, and unfortunately many of us keep the weight once we've put it on. To avoid unattned wight gains, formulate your game plan now. Don't wait to start after January 1st. This sort of "look ahead" diet planning can cause you to "live it up" now before cracking down.

Make your goal to maintain your current weight through the holidays. A few strategies to help you reach your goal include using smaller plates, eating before you attend holiday parties, doing drive-by "recons" at holiday buffets before piling up your plate, and allowing yourself leeway for eating some of the good stuff. Think moderation, not denial!

Holiday Stress Busters

The holiday season is upon us. It is a time for family get-togethers, decorating, shopping, gift wrapping, baking and attending special activities. Holidays are supposed to be a time of enjoyment and happiness, but instead you and your family may feel stressed because of the extra demands placed upon already busy schedules.

Relieving some of the stress during the holidays can best be accomplished by getting the whole family involved in tackling holiday tasks and activities. The following ideas can help you and your family work together to reduce holiday stress.

- Sit down as a family and come up with a list of all the things that need to be done during the holidays (shopping, card signing, cleaning, etc.). Delegate or let family members volunteer to help.
- Make up a December calendar. Include dates and times of all activities to be attended, and a schedule of when tasks such as cleaning, baking, and shopping need to be done.
- Take a look at your family's holiday activities. Are there things that you do each year but really do not enjoy? If so, consider not doing the activity any longer or doing it in a different way.
- Plan easy meals. Double batch your favorite casseroles and put in the freezer for a quick meal on a busy day.
- Take a few minutes each day for yourself and do something relaxing.
- Keep eating and sleep routines as close to normal as possible to prevent children from becoming cranky or overtired.
- Expect young children to misbehave occasionally. Remember they have short attention spans and tire easily.
- Make time for family fun! Plan fun activities together such as baking cookies, trimming the tree, caroling, or taking a drive to see the local light displays.

More Holiday Tips to Help

Do What You Really Want to Do

Together, choose activities that you really want to do. You can't do everything, so you might let your children pick their favorite family activities. Do the things that you all will enjoy the most, and then say "no" to extra activities.

Talk with your family about finances. Even young children can learn how to budget for gifts. Receiving a thoughtful gift from a child can be a memorable holiday moment that lasts a lifetime.

Get Giving—Volunteer at a Local Charity

Carving out a few hours to volunteer at a charity might seem impossible, but giving your time and energy may help you find the spirit of the season.

Stuck for ideas? You and your family can help wrap gifts for needy children, deliver meals to families in need or visit residents in a local nursing home.

Just Do Your Best

As you enjoy the holiday season, do your best to limit stress. Don't expect everything to go as planned. Your child may get sick during the holiday, the oven might break as you are cooking or a storm may prevent relatives from visiting. When these things happen, let the family help decide on a new plan. For example, if the electricity goes out, grab your flashlights and make peanut butter and jelly sandwiches. Use cookie cutters to cut them into fun shapes!

Don't let unexpected events ruin the holidays. Be adaptable and flexible. You can help yourself and your children relax and enjoy the holidays for what they truly are: a time of joy, celebration and peace with friends and family.

What Your EAP Can Do

You can still discover that you are affected by the blues during the holiday season. EAP is here to help. Perhaps you only need to talk and "process" personal concerns or work issues. Whether your problem is a real stumper or not, the EAP is here for you, both now and round year.