

# Wellness MATTERS

WorkplaceSolutions®

March 2022

## Supporting Work-Life Balance This Women's History Month



March 1st marks the start of Women's History Month, a month dedicated to celebrating the contributions and achievements of women throughout U.S. history. Women's History Month has been officially observed since 1987, but the movement grew out of a week-long event organized by the Sonoma, California school district aimed at celebrating women's cultural and historical contributions.

[...read more](#)

### Ask the Expert:

## Incorporating Eating Well into Your Lifestyle

Featuring: Nishta Saxena

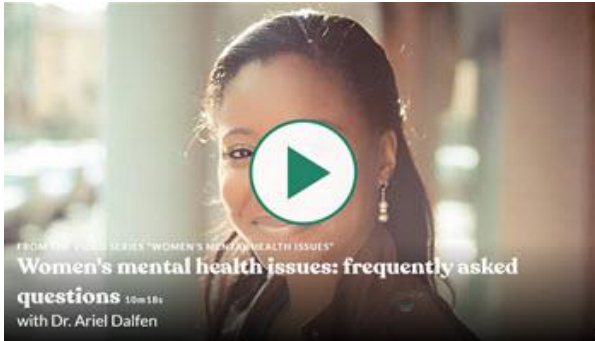
Registered Dietitian and Nutritionist



March 16th, 2022

11:00 AM (Central)

[Add to calendar](#)



## Women's mental health issues: frequently asked questions

Women's mental health is a topic that needs to be addressed more and there shouldn't be a stigma to receive help. Postpartum, depression, and other mental health disorders can be prevented, or symptoms can lessen when you prepare ahead and ask for help in the beginning.

[Watch now](#)

## Choose to Challenge: International Women's Day



This thought-provoking learning event will discuss the role everyone plays in forging a gender-equal world and taking the opportunity to celebrate the recent achievements of women across the world. Designed to be empowering and inspirational, this session will help every viewer to discover the ways that they can take action for equality.

[Click here to watch now](#)

**2022 Webinars on Demand**

Date	Topic	Description
January 18	Getting into the Right Frame of Mind for 2022	Learn practical steps to use positive reframing strategies and guide your way through 2022.
February 17	Honoring Grief and Loss	Discover ways to say goodbye and going through five stages of grief in a healthy way.
March 17	Engagement	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
April 19	Finding a Hobby	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
May 17	Getting a Good Night's Sleep	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
June 21	Exploring Nature	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
July 19	Digital Health	Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule.
August 16	Self-Care Strategy	Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.
September 20	Open Communication	Attain the skills to have open and effective communication at work and at home.
October 18	Navigating Holidays	Learn some effective ways to plan, organize, and make the most of your holiday.
November 22	Overtime: Working Caregivers	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
December 21	Taking Control of Stress	Manage your stress in a healthier way and learn some strategies to take control of your life.

**Accessing Webinars On Demand**

- Log in to the EMPLOYEE SERVICES portal at [www.wsp.com](http://www.wsp.com) using your organization's access code.
- Scroll down to the Work-Life Resources box and click Explore Now.
- Click the On Demand Webinars button.

EMPLOYEE SERVICES

Enter access code

Log in

[www.wsp.com](http://www.wsp.com)

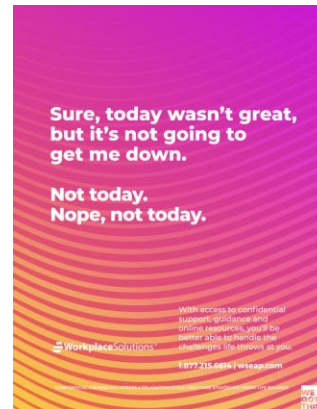
Click on the image above for the full 2022 webinars on demand schedule.

## Poster

**Print and post monthly thematic posters to showcase all of the valuable services available to your employees through your Employee Assistance Program.**

To access posters:

1. Log in to the HR Professionals portal at [www.wseap.com](http://www.wseap.com) with your organization's access code.
2. Click on Program Promotion to explore available posters.



## Additional Resources

Don't forget to check out the wealth of resources available to you 24/7/365. Accessing them is as easy as 1, 2, 3!

1. Visit [www.wseap.com](http://www.wseap.com)
2. Log in to the Employee Services or HR Professional box using your company code: [Harper](#)
3. Open the Managing Current Events section or explore other content by topic

<b>EMPLOYEE SERVICES</b>	<b>HR PROFESSIONAL</b>
Enter access code	Enter access code
<input type="text"/>	<input type="text"/>
<b>Log In</b>	<b>Log In</b>

## Contact us today!

*Confidential support, guidance and resources for you and your family are available **24/7**.*

**WorkplaceSolutions 877-215-6614 [www.wseap.com](http://www.wseap.com)**

