

RIVCO HR

APRIL 23 2020
VOL. 1, ISSUE 7

COVID-19 UPDATE

TAKE TIME FOR YOURSELF

MESSAGE FROM THE ASSISTANT CEO/HR DIRECTOR

We know that COVID-19 has resulted in significant changes both at work and at home. Many of us are experiencing stress and anxiety during this time. County Human Resources Employee Assistance Services (EAS) and the Culture of Health programs are available for our employees.

Each program offers tools and programs to assist

us through this event and beyond. Please take a moment and read through what our experts have prepared to help you.

Remember to continue your safe practices to best protect you and your family.


BRENDA DIEDERICHS



EMPLOYEE ASSISTANCE SERVICES

<https://eas.rc-hr.com/>

Positive self-care begins with you. You can create positivity in your life through your thoughts and actions. It is when life is most challenging that you can make it a little better by adjusting your perceptions and actions.

Include positive self-care in your daily life by maintaining or creating a routine. Having some form of structured activity, such as taking time out, relaxation practice, meditation, exercise, and connecting with others via social media, creates a sense of control and positive well-being.

In addition to making positive behavior changes, you also benefit from being mindful of what you are saying to yourself. Are you thinking about the positive aspects of your life or are you focusing only on the things that are not going well? While it is important to think about what needs to be changed to make improvements, you must be careful not to get stuck in a negative cycle of worry and fear over things that are out of your control. Pay attention to what things trigger negative thoughts and feelings in you, such as

watching too much news or being around others who are negative. You can choose, instead, things that feed your soul. You may create a period of normalcy by watching your favorite TV show or movie, playing games with your family, or talking to a friend on the phone.

Even though you might feel alone, there are many free resources available to help you. This is a call to action to think about what you need and what you need to do to make your life a little less stressful.

Below is a link to resources that might be helpful:
<https://eas.rc-hr.com/Resources>

EAS is also a free resource available to you. We offer confidential 1-1 sessions, webinars, and online psychological support groups. Call (888) 829-8999 or text (951) 204-7047 for an appointment or for additional information.

Be safe and well,
Dr. Jamie

RIVCO 1HR

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CULTURE OF HEALTH

<https://cultureofhealth.rc-hr.com/>

Self-care is an investment we choose to make in our own well-being that also benefits our loved ones, the people we serve, our colleagues and our communities.

The County recognizes multiple areas of well-being and the roles they play in achieving our best overall health. We invite you to explore tools and resources to support you and your family's well-being spanning each of the elements of well-being: community, career, financial, social and physical by visiting the [Culture of Health](https://cultureofhealth.rc-hr.com/) website.

On the [Social Well-being page](#), you will find Employee Assistance Services (EAS) featured along with other helpful resources. It's very important to our overall well-being to find ways to connect with each other while maintaining proper physical distancing (i.e. placing six feet between you and the person you are interacting with). We can practice physical distancing without sacrificing social connectedness.

Also available through the Culture of Health website is a page dedicated to Kaiser, United Health Care, and Exclusive Care plans' well-being offerings: <https://cultureofhealth.rc-hr.com/Resources/Medical-Plan-Well-being>. The direct link is intended to make it easier to obtain well-being resources quickly.

A sample of County medical plan provider tools for self-care and emotional well-being are listed below:

- Kaiser is offering the myStrength app free to members to access clinically proven tools to self-manage stress, depression, anxiety, substance use disorders, insomnia, and chronic pain. myStrength also offers one-to-one Coaching capabilities and in-application messaging. Members should visit kp.org/selfcareapps/scal to access myStrength for the first time.
- UnitedHealthcare is offering an emotional support line that is free of charge and open to anyone. The number to call is 866-342-6892. This 24/7 Optum Help Line is staffed by professionally trained mental health experts.
- Exclusive Care provides Workouts of the Week (WOW) for strength training at home to all County employees on their YouTube channel at https://www.youtube.com/channel/UCIrcvcNs7TGfmd_QmH3-y_w/playlists.