Working Solutions

Avoid Financial Health Denial
First Responders, Relationships and Stress
Keeping Work Stress from Coming Home
... and more

English  Spanish

Balanced Living

The Power of Forgiveness
Forgiving someone who has hurt you deeply — a parent, sibling, spouse, ex-spouse, employer, or even a stranger — is one of the most difficult challenges you’ll face in life. Until you can forgive, anger, resentment, and bitterness will continue to eat away at your heart and mind, causing emotional and even physical damage because of increased stress.

Featured Articles:
What Will You Do When You Retire
20 Ways to Reduce Stress

Read More

Wellness News

Sodium and Heart Health
Sodium is a mineral that occurs naturally in foods or is added during manufacturing. It’s regulated by your kidneys, and it helps control your body’s fluid balance.

Featured Articles:
Reading a Nutrition Label for Heart Health
Recipe: Cauliflower-Crust Pizza with Vegetables and Balsamic
Health Tip: Give Your Heart a Little Love
Cardio Exercise for Heart Health

Read More

Benefit Spotlight

Law Access – Financial Stress
Each day, millions of Americans struggle with their finances. Money matters go beyond just not having enough money at the end of the month. The strain impacts health, well-being and relationships. Surveys indicate people sleep less, argue more, eat poorly, gain weight and get sick more often. **Your EAP can help you get back on track!**

**English**  **Spanish**

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Alliance Work Partners is here to assist you with a variety of needs.

Every employee is eligible to use the EAP. It’s a confidential service to help employees, and their household members, address stressful situations. **Call 1-800-343-3822 to get started.**

You’ll speak with an Intake Counselor and they will review your no-cost options.

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**LifeStyle Tip Sheet**

**Heart Health, Life’s Simple 7**

Seven health and behavior factors that impact health and quality of life. We know that even simple, small changes can make a big difference in living a better life. Known as “Life’s Simple 7,” these steps can help add years to your life.

[Read More](#)

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**February is Heart Health Month**

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Information and Resources: [AWP](#) | [American Heart Association](#)

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**Webinar Recording Available**

**Finding Balance**

recorded 1/8/2020

Too many of us go to work and return home day after day, spreading ourselves more and more thinly over our personal and professional lives. This training takes a close look at how pressures and expectations from each sphere can become unbalanced, eating up our time and exhausting our determination. Learn how to get out of survival mode and into a steadier, more purposeful pace.

[View Webinar](#)

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**Preparedness & Response**

**Wash Your Hands**

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.
Life sometimes catches us off guard. Your AWP EAP website has toolkits to support you before, during and after whatever event or emergency you’re managing. Visit and browse today!

https://www.awpnnow.com/main/disaster-preparedness/

here for you as life happens ...

**Self-Care Strategies**

You can’t always control the circumstances that life throws your way, but you *can* control how well you take care of yourself. When you’re taking good care of your body and mind, you can be more resilient toward whatever comes, use the resources you have in your life to their fullest, and become less reactive toward the stress you face.

**Read More**

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**We are available to you 24 hours a day, 7 days a week:**

1-800-343-3822

TDD 800-448-1823

www.AWPnow.com

Contact your Account Manager at AM@alliancewp.com for PDFs and/or additional topics | content | information.

*Alliance Work Partners is a professional service of Workers Assistance Program.*

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**Visit Your EAP Blog Today**

Have you checked out your AWP EAP Blog?

Here’s a snapshot of what you may have missed:

- Cybersecurity Myths
- How to be a Good Listener
- Your Grief is a Reflection of Your Love
- How to do the Inchworm Exercise

... and much more. Highlighting news, resources, conversations and features for our valued customers. Be sure to visit often to see what’s new.

*Optimized for all devices including: desktops, laptops, tablets, smart phones and more.*

https://www.awpnnow.com/main/blog/

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*Publications Archive*
We're here for you as life happens!

Alliance Work Partners (AWP) is your Employee Assistance Program (EAP) offering you and your family valuable, confidential services at no cost to you. Designed to help you manage daily responsibilities, life events, work stresses or issues affecting your quality of life, AWP is available to take your call 24 hours a day, 7 days a week — 1-800-343-3822.

Visit your customized EAP website www.AWPnow.com
To create an online account, Select "Access Your Benefits"
First Time Log-in use your registration Code.
Need your registration code? Email us at <AM@alliancewp.com>