Working Solutions

Fried Food and Focus Don't Mix
Loneliness as a Health Concern
Curb Impulse Purchases to Save Money
... and more

English  Spanish

Balanced Living

Encouraging Workplace Diversity
The workplaces of the 21st Century are becoming increasingly diverse. Most organizations employ a variety of people of different cultural backgrounds, religions, sexual preferences, nationalities, and others. Regardless of your personal biases or fears, the workplace is changing. It’s important for you to understand that your professional reputation and future success will depend on your ability to accept and embrace the differences of others.

Featured Articles:
Motivation for Maintaining Your Momentum
Dealing with Conflict

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Wellness News

Migraine and Headache Awareness
Long gone are the days that a migraine is looked at as just another type of headache. According to NIH, researchers believe that a migraine is the result of fundamental neurological abnormalities caused by genetic mutations at work in the brain.

Featured Articles:
Managing Stress for Your Health
Recipe: Coconut Quinoa
Health Tip: Headache Prevention
Mens Health - Prevent the Top Threats

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Benefit Spotlight
Retirement
Thinking about retirement? Include a call to your EAP.
For years, many Americans have looked forward to their retirement, when they can stop working and relax ...

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Summertime & Your EAP
Your EAP is available all summer long. School is out and it is time to relax. Sometimes summer seems busier than the school year. Your EAP can help. We're here all summer long and ready to assist.

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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.

LifeStyle Tip Sheet

Stay Fit This Summer
Just because it is hot doesn't mean you can't work out – just be smart about it.

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Webinar Recording Available

Defusing Hostile Customers
recorded 5/13/2020

If you provide service to others, you may often find yourself interacting with customers who are frustrated past the point of politely asking for help. It is important to know that your reaction and level of professionalism will dictate the outcome of this type of situation in most if not all cases.

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Preparedness & Response

Hurricane Season Begins June 1st
Preparation is the best protection against the dangers of a hurricane. Know the difference between the threat levels and plan accordingly.

- Hurricanes | Ready.gov
- National Hurricane Center
- American Red Cross

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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.awpnow.com/main/disaster-preparedness/

Because Life Happens

Sometimes, when life happens, there is tragedy. We are seeing a lot of tragedy in America and around the world.

However you may find yourself impacted, whether it be related to anxiety around health, employment status and uncertainty, or tensions resulting from racial and civil unease, AWP can help. We all have normal and customary stressors in our everyday lives that are already difficult to navigate. Having these other extraordinary considerations thrown in to the mix is a dangerous and volatile recipe. What do we do when we go from some people hurting to most people hurting?

Emotions are so high. The environment is so pressurized. Disagreement seems to be the only thing upon which we all agree. One crisis on top of another.

It is hard.
It is exhausting.
It is frustrating.
It is crazy-making.

AWP is here for you as life happens.
We are here with ears to listen. We are here with hearts that care. We are here with respect. We are here for all.
We are here for you. Please call us at 800-343-3822.

Read More:

- Because Life Happens
- Resilience
- Mental Health | You Are Not Alone

We are available to you 24 hours a day, 7 days a week:
1-800-343-3822
TDD 800-448-1823
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Here's a snapshot of what you may have missed:

- The Surprisingly Easy Move That Can Make You Happier and Boost Your Energy Instantly
- How Our Brains Can Find Peace in a Crisis
- Why Do We Even Listen to New Music
- Tips to Initiating Caregiving Discussions with Aging Parents

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

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

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.

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