

# MENTAL & EMOTIONAL WELL-BEING

*2020 EDITION*

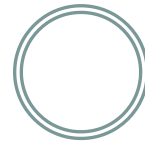


UofL

PRESENTED BY:  
SUSAN MCKELLEP, TRAINING COORDINATOR

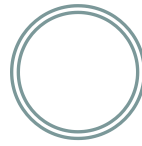
**HDC**   
Human Development Company  
Unparalleled Solutions • Prompt Response

# EAP Services



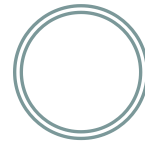
- Are confidential
- Are at no cost to you
- Available to all employees and their household family members
- Receive 8 sessions per issue
- Stress work/career issues, marital, family, mental health, substance abuse or any problem causing you worry and frustration.
- Counselors available 24/365
- Telephone 502-589-4357
- [humandev.com](http://humandev.com)
- *Virtual appointments*

# WE'RE NOT IN KANSAS ANYMORE!



- Global Pandemic
- Racial Inequity
- General Election
- ???

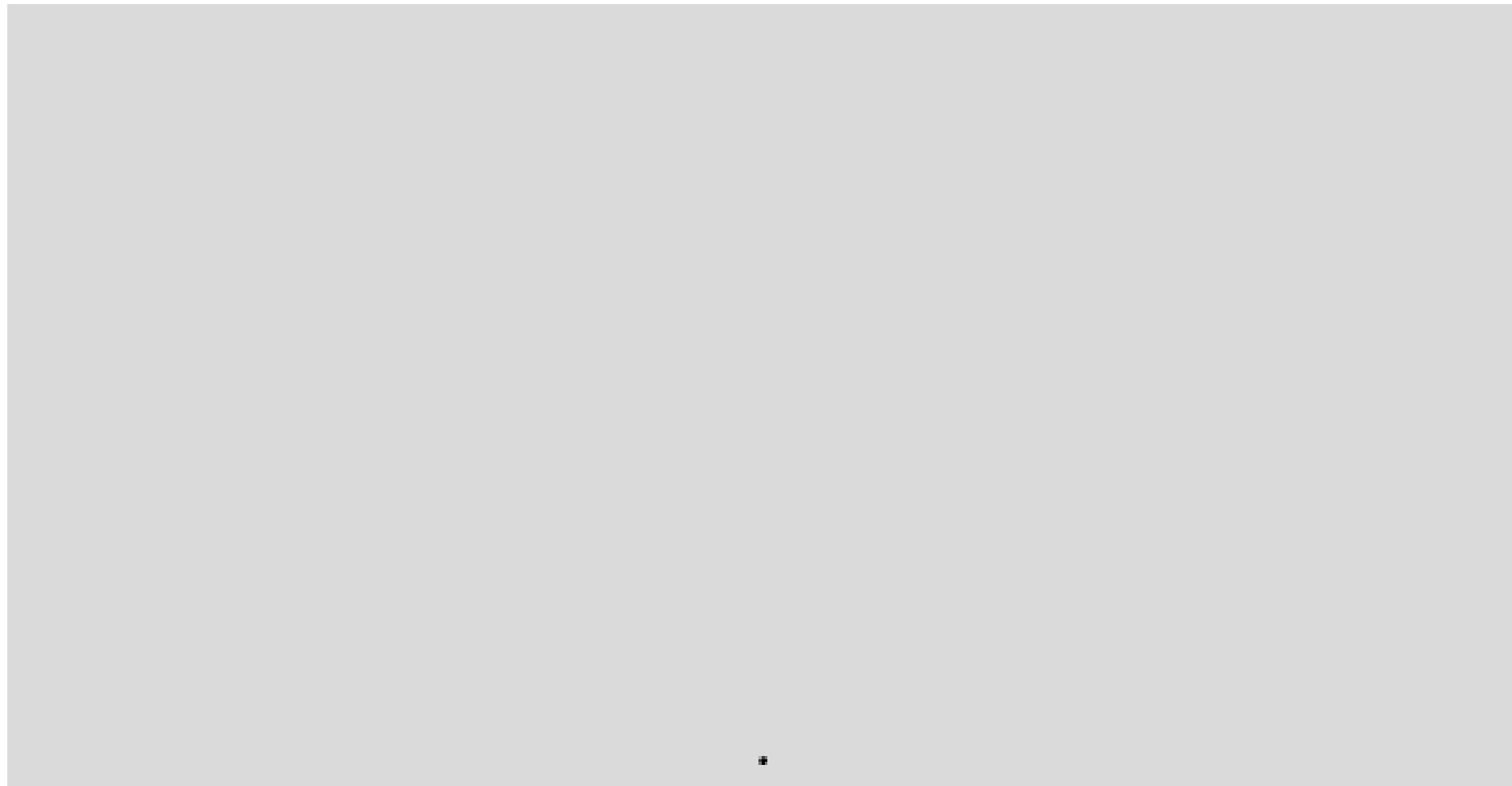
# MAINTAINING EMOTIONAL WELL-BEING



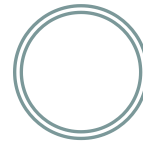
- Healthy eating
- Exercise
- Resilience
- Healthy coping skills
- Stress management
- Practice

# STRESS MANAGEMENT

**Try to breathe in sync with  
this for relaxation.**



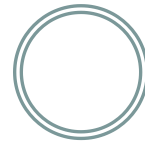
# MEET PEOPLE WHERE THEY ARE



- How often will you touch base?
- How will you do it?
- What is compassionate communication?
- What resources can you refer them to?
- When and how should you recommend or refer to a counselor (the EAP)?



# COMPASSIONATE COMMUNICATION

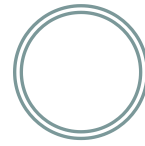


*Respectful communication is particularly important when people feel vulnerable. – cdc.gov*

Express empathy by acknowledging their emotions. Make space to sit with their discomfort *and your own*.

Listen and allow emotional expressions or crying without interruption.

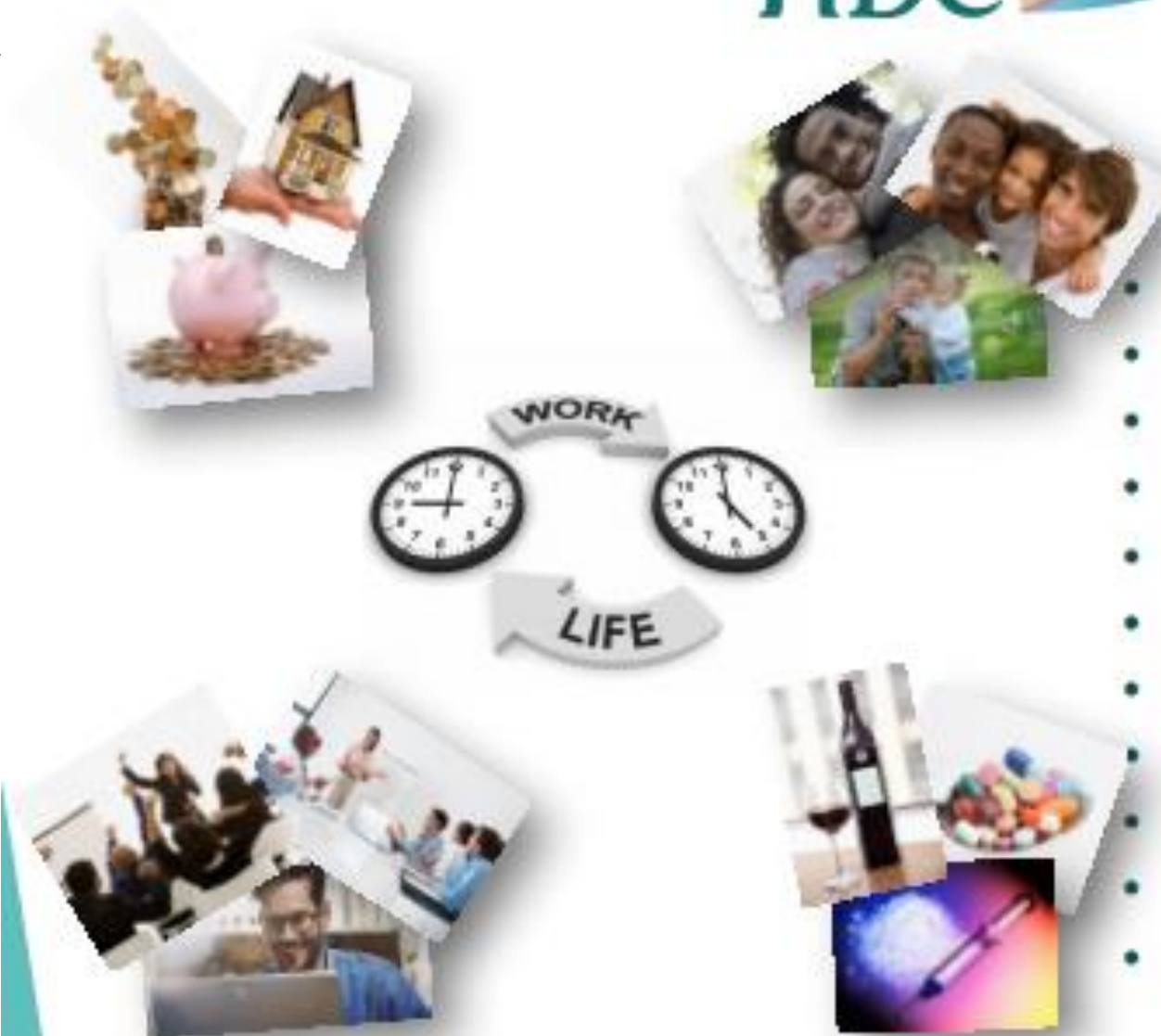
# COMPASSIONATE COMMUNICATION (CONT)



Don't use examples from your own life; focus on the other person.

Pay attention to body language or verbal cues that the person would like to be left alone, speak to someone else, or speak with a mental health professional. *It's okay to ask them.*





- [www.humandev.com](http://www.humandev.com)
- Click Member Login
- Click Register
- Create User Name
- Enter Company: **University of Louisville**
- Create Password
- Verify Password
- Select Passphrase Question
- Provide Passphrase Answer
- Click "I Agree"
- Click Register

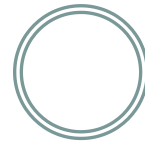
## Work/Life Website

Personalized . . . Confidential . . . Online

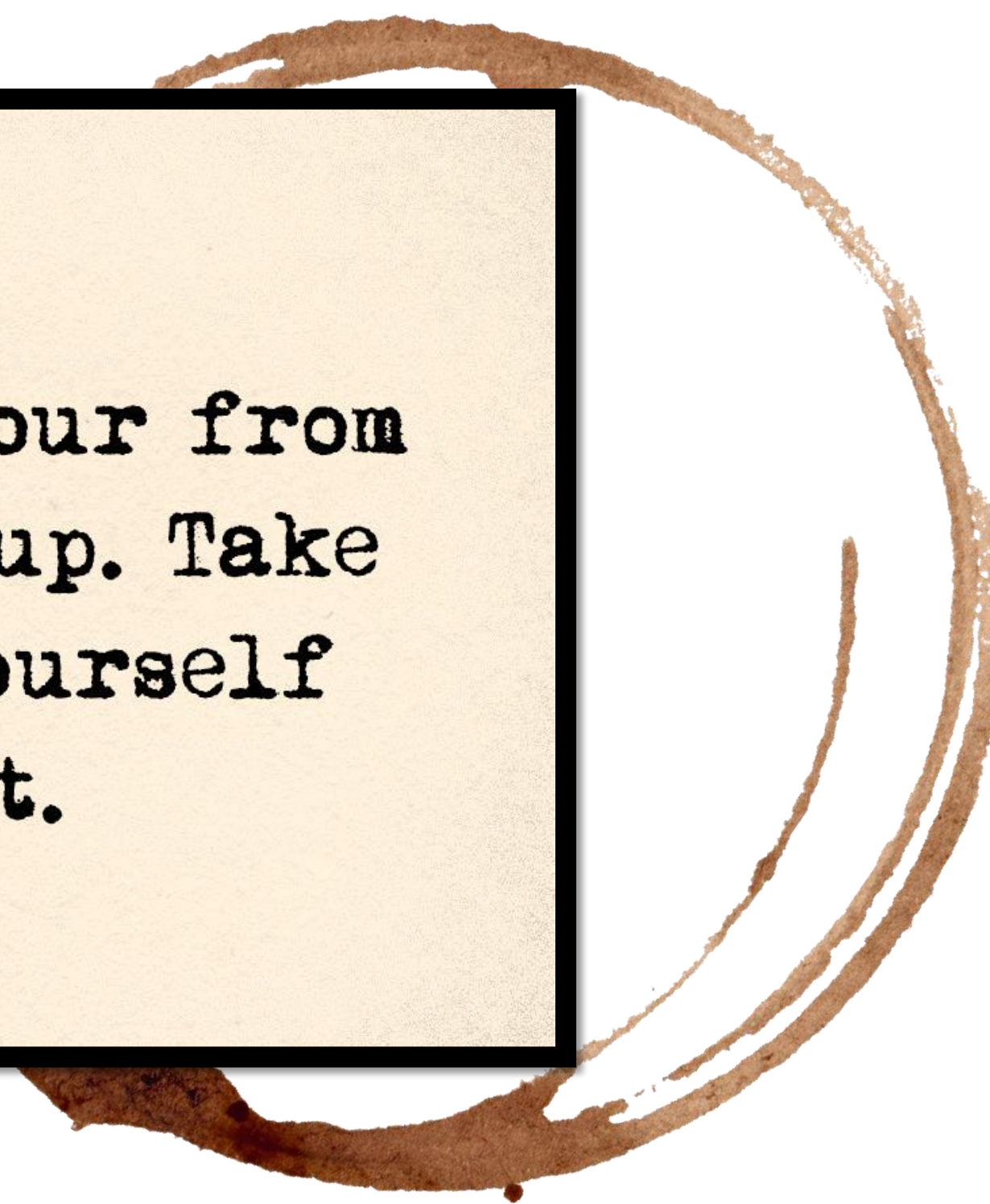
800.877.8332

[info@humandev.com](mailto:info@humandev.com)

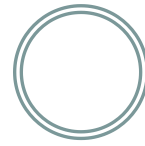
# FULL CIRCLE



You can't pour from  
an empty cup. Take  
care of yourself  
first.



# HUMAN DEVELOPMENT COMPANY



Thank you for attending this training.

For more information regarding our services, feel free to visit our website, or contact our office with any questions you may have.



**502-589-4357**  
**800-877-8332**

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