

August 2020: EAP SESSIONS – sponsored by Magellan

The Employee Assistance Program is offering **free** one (1) hour workshops to employees. These workshops will be held **ONLINE**



Overcome Worry | August 6th at 12p.m.

Worry is feeling uneasy or being overly concerned about a situation or problem. We all worry from time to time, although excessive worry can affect us emotionally and physically. This training will provide a formula to help discover the things you worry about the most and develop a plan to manage those situations or problems. In addition, you will learn tips to help others deal with excessive worry.

- <http://magellanhealth.adobeconnect.com/rqn82wawwnq5/>
- Link to [Handout](#)



The Mind-Body Connection: Healthy Aging and the Brain | August 21st at 12p.m.

As we get older, changes happen in all parts of our body, including our brain. The brain is the most complex part of the human body. The health of our mind can affect the health of our body and vice versa, so brain health is essential for overall health and wellness. In this training, you will learn about the mind-body connection as it relates to aging. You will also learn about changes that happen in the brain as you age and ways to keep the brain healthy.

To learn more about these workshop sessions, please [click here](#) for the descriptions and the links to participate in these ONLINE webinars sponsored by Magellan.

The URL for the website to connect to the webinar will be posted prior to the date of the session. If you have any questions about these sessions, feel free to contact benefits@usf.edu.