

# 2019 CIGNA EAP WELLNESS WEBCASTS

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LIVE	SEMINAR	TOPIC
JAN 9	Employee Orientation to the EAP	Your Employee Assistance Program can help you tackle stressors big and small, work-related or personal. Join us to learn about this no-cost benefit.
JAN 23	Wellness One Notes for Health	When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.
JAN 30	Manager's Guide to the EAP	The EAP is a valuable resource available to support you and your employees. Discover the many benefits for you personally and in your role as a manager.
FEB 13	Living Lonely: The Power of Connection	No one likes to admit they're lonely, but most of us are at times. Empower yourself to connect using strategies to shift your mindset and comfort zone.
FEB 27	Caring for the Caregiver	The challenges of caregiving can be unexpected and overwhelming. We'll explore how prioritizing self-care, support, and resilience can make a difference.
MAR 6	Effective Teamwork	There's no "I" in team, but each of us does play a role in creating a strong team. Find out why communication, cooperation, and conflict resolution are key.
MAR 20	Stress Management 101	You may not be able to avoid stress, but you can choose how you respond to it. Explore your triggers and how changing your outlook and reactions can help.
APR 3	Manager's Guide: Management Referrals	Your EAP is an ally when employee issues arise. Learn how management consultations and referrals can help you address workplace concerns.
APR 17	I Want to Buy a House	A house is likely to be the biggest purchase you'll ever make. Do your homework! We'll review mortgage options, costs, benefits, and how to get started.
MAY 1	Mental Health: You Can Make a Difference	Mental wellness can be factor for all of us – from dealing with life stress to mental health concerns. Learn simple steps to help yourself and others.
MAY 22	Not All Stress Is Created Equal	Stress is universal, but the experience is personal. Explore factors that shape your stress "style" and get targeted coping strategies.
JUN 5	Family Conflict: Keeping the Peace	From sibling squabbles to parenting battles to family feuds, arguments happen. Learn how you can deal with conflict in a productive way. <b>English &amp; Spanish</b>
JUN 19	Civility and Respect at Work	When disrespectful actions and attitudes creep into the workplace, everyone suffers. Explore how you can respond effectively and restore respect.
JUL 10	Dreaming of a Good Night's Sleep	Having trouble getting the sleep you need to feel rested and refreshed? We'll take a look at factors that can disrupt sleep and how to reclaim your zzzs.
JUL 17	Channeling Your Inner Winner	In the quest for success, we can often be our own worst enemy. Learn about common internal barriers and how you can overcome them.
AUG 7	Living with a Chronic Condition	60% of Americans live with a chronic illness, such as diabetes, heart disease or COPD. Explore behavioral strategies that can help you manage.
AUG 21	Estate Planning: Financial Basics	It's never too early to start thinking about estate planning. Join us to learn about trusts and wills and how they can bring peace of mind.
SEP 11	Manager's Guide: Mental Health at Work	Recognizing and responding to signs of mental health distress is an important way to support employees. Learn what you might see and how to respond.
SEP 18	Shift Work Strategies	Going to work when others are going to bed can bring challenges. Get sleep strategy tips, plus ideas for maximizing nutrition and staying connected.
OCT 2	Drug and Alcohol Awareness	Drug and alcohol misuse takes a toll on individuals and loved ones. Learn signs of use, understand enabling, and know how to get help.
OCT 16	Effective Time Management	There'll never be more than 24 hours in a day. How do you spend yours? Join us for tips on how to maximize your time and reduce stress. <b>English &amp; Spanish</b>
NOV 6	Manager's Guide: Grief and Loss at Work	Supporting your workforce through grief can be uncharted territory. Understanding reactions and your role can help you respond with sensitivity.
NOV 13	Healthy Eating in a Hurry-Up World	From fast food to mindless eating, how we consume food can be unhealthy. Examine your relationship with food, and explore the idea of mindful eating.
DEC 4	Giving to Yourself	It may be better to give than to receive, but don't take yourself off the list completely! Discover how to give to yourself in an unselfish way.

**All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT. On-demand replay will be available starting 1 hour after the live presentation.**