

BUILDING RESILIENCE TO MANAGE STRESS



WASHINGTON STATE

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Employee Assistance Program Counselor

Stress



Resilience



Everyone needs resilience, because one thing is certain, life includes adversities.

Dr. Karen Reivich, *The Resilience Factor*

Finding Meaning



In some ways suffering ceases to be suffering at the moment it finds meaning.

Viktor Frankl, Psychiatrist

Optimism

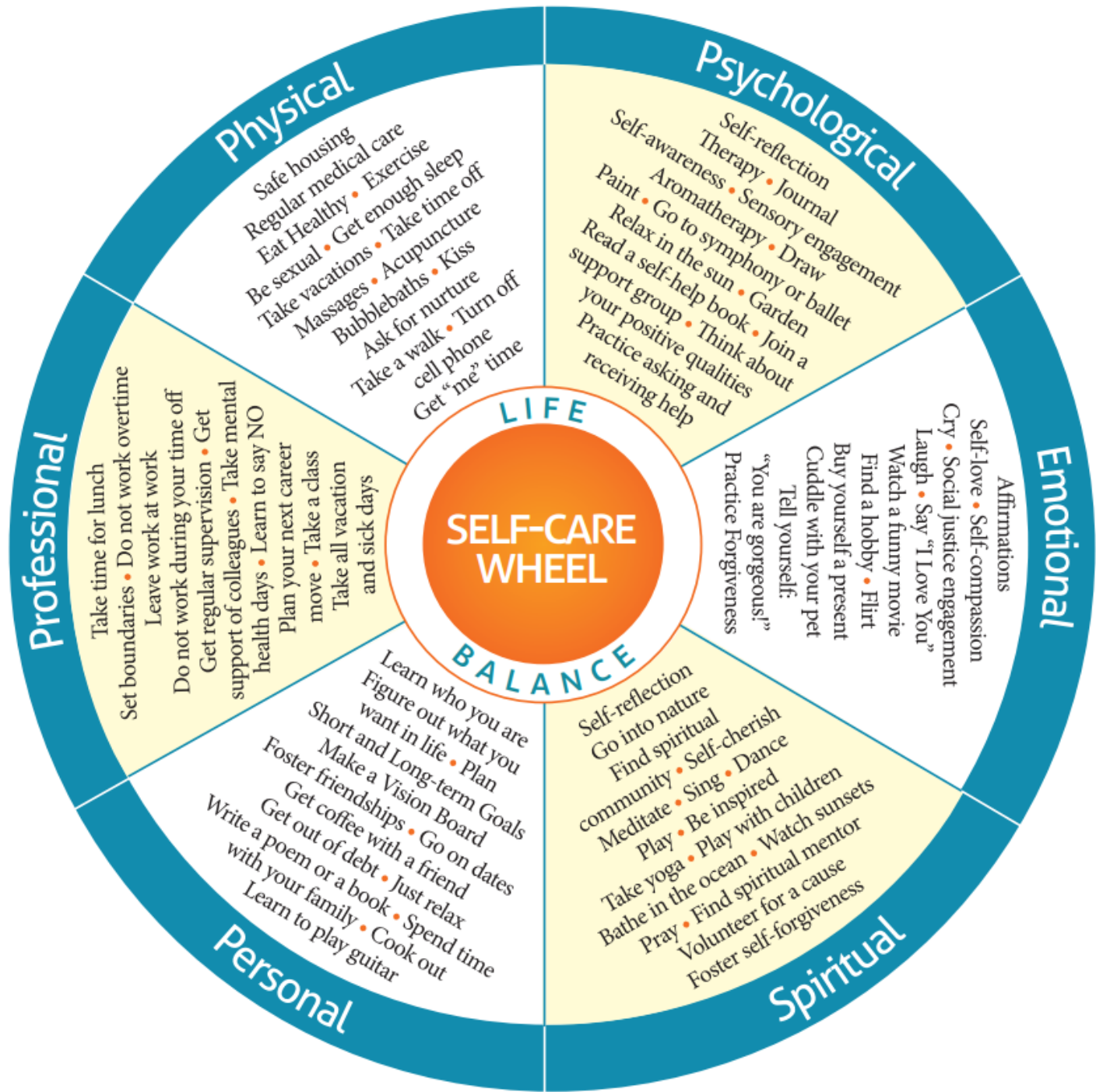
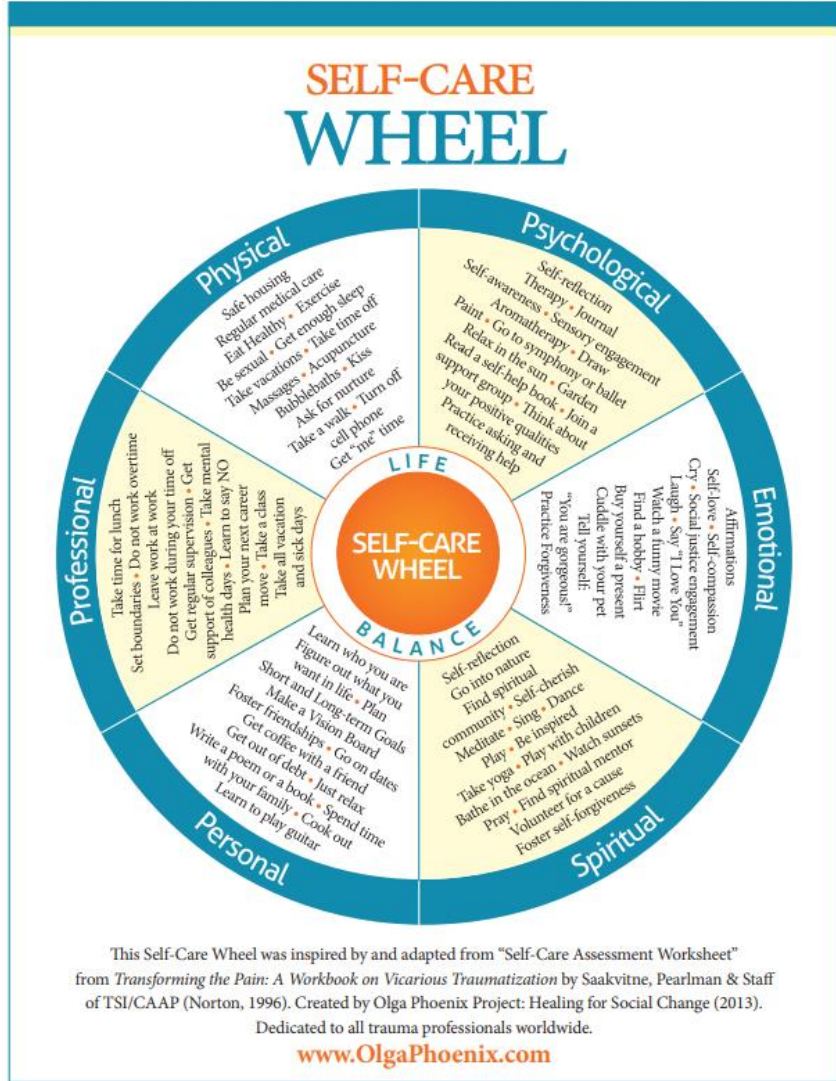
- Identify what you have control over
- Seek the positives
- Reframe & replace negative thoughts



Self-Awareness

- Increase your understanding of your own unique identity
- Identify tools and practices you can use to increase your self-awareness
- Identify triggers & create a plan





Support

- Use a buddy system
- Seek & utilize supports & support systems



EAP is here to support you

- Free for you and your family
- Confidential
- Easy to access
- Expert professionals
- Practical help
- From everyday concerns to serious issues
- Caring and respectful
- Culturally relevant
- Supporting the WHOLE person



eap.wa.gov
877-313-4455

Washington State Employee Assistance Program (EAP)

Employee Assistance Program (EAP)

- COVID-19 Resources
- Employees
- Locations
- Providers
- Public Employers
- Publications
- Racism & Mental Health Resources
- Subscribe to Receive EAP News
- Supervisors
- Useful Links
- Webinars

- Jobs
- Recruitment
- Small Agency Services
- State Employee Services



The Washington State Employee Assistance Program (EAP) is a free, confidential program created to promote the health, safety and well-being of public employees. More than 90,000 public employees have access to EAP services to help them address work and personal concerns. In addition, The EAP offers services to assist employees with legal and financial concerns. When you're ready to get help, we're here for you.

To access EAP counseling services, complete an [Online Referral Request](#). To access legal and financial services, visit our [Work/Life Resources](#).

EMPLOYEES	SUPERVISORS
PROVIDERS	PUBLIC EMPLOYERS
WEBINARS	PUBLICATIONS
COVID-19	RACISM & MENTAL HEALTH RESOURCES

Related Information

- [Accessing EAP Services](#)
- [EAP Locations](#)
- [EAP Orientation Video](#)
- [Grief & Trauma Toolkit /ISM](#)
- [Subscribe to EAP News](#)
- [Suicide Prevention](#)
- [Useful Links](#)

EAP Contact Information

Statewide Locations

Ph. Toll-free: (877) 313-4455

Olympia

Ph: (360) 407-9490
Fax: (360) 664-0498

Interpreters available. When you call, please state the language you speak and wait while we connect your call to an interpreter.

TTY users: please call via [WA Relay](#) – call 711

Resources, Awareness, & Education

Publications:



eap.wa.gov



WASHINGTON STATE

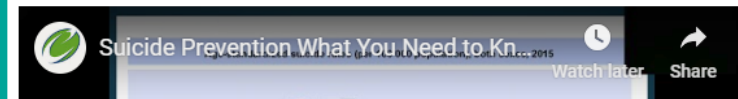
Topical Resources:

Suicide Prevention and Intervention Resources

Welcome! This webpage is designed to support Washington State government employees in preventing suicide. Our goal is to provide employees and management with tools, resources, and support effectively when state employees are impacted by suicide, whether personally or in the workplace. For more information on agency collaboration—[view our charter](#) or contact the [EAP](#) to find out more.

If you are looking for information not specific to state government employees, please visit the [Resource page](#).

Important Note: This site is for informational/educational purposes and is not intended to replace professional services. **If you or someone else is at immediate risk of suicide, please don't wait -- contact the Suicide Prevention Lifeline at 1-800-273-8255.**



eap.wa.gov/suicideprevention

Resources, Awareness, & Education

Racism & Mental Health Resources

The reality of racism and white supremacy experienced by Black, Indigenous, and other people of Color (BIPOC) is deeply embedded in this country, its institutions, and within individuals. Communities of color are strong and resilient, surviving and thriving despite the crushing impact of racism. Yet it's also important to recognize that people of color often experience [significant trauma](#) as a result of past and present realities—from surviving a history of slavery, genocide, and internment to the present-day realities of disparate access and outcomes on most measures, facing daily [microaggressions](#), and watching the ongoing horror of the murder of Black people caught on video. Racial and ethnic minorities are [often more likely to experience psychological distress](#), but [have less access to mental health services](#), are less likely to receive needed care, and are more likely to receive poor quality care when they do seek treatment. Added to this, cultural messages often include stigma about getting mental health support with cautions to save face and be tough.

eap.wa.gov

Webinars & Resources:

Generation Gaps

The Generation Gaps workshop will help participants understand what motivates them and dealing with them on a daily basis. Both the workshop and the accompanying materials will help the organization thrive in the marketplace. Learn how to help you become a better manager or co-worker. (36 minutes)



[COVID-19 Resources](#)



Work/Life Resources



Web Resources

Resources to help you solve life's problems: articles with expert advice, webinars, an online will-maker, DIY legal forms, financial calculators and resources to help you find child care, pet sitters and more.



Legal Assistance

Free half-hour consultation with an attorney by phone to discuss your situation. Referrals to local lawyers and discounted rates for ongoing legal services if needed.



Financial Counseling

Free counseling with a financial expert to help you get your finances in order, whether you need a monthly budget, are working to reduce debt, or saving for a big expense.

eap.wa.gov/worklife

Additional Resources

- [Alcoholics Anonymous](#)
- [American Psychological Association Information and Resources](#)
- [American Psychological Association Tips for Parents](#)
- [Kaiser Permanente website Find Your Words](#)
- [National Alliance on Mental Illness COVID Guide](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [UC Berkeley Greater Good Science Center Guide to Well-Being During Coronavirus](#)
- [Washington State Department of Health Behavioral Health Toolbox for Families: Supporting Children and Teens During the COVID-19 Pandemic](#)
- The Age of Overwhelm or Trauma Stewardship by Laura van Dernoot Lipsky