

The Alliance Work Partners (AWP), TDHCA's Employee Assistances Program (EAP), Newsletters for December 2023 have been posted on the Q drive at the following link:

Working Solutions

<Q:\hr-publications\EAP Newsletters FY2023\1223WorkingSolutions.pdf>

Topics:

- Mastering Family Get-together Stress
- Slips and Falls in White-collar Workplaces
- Build Your Personal Brand in the Workplace
- Volunteerism: The Perfect Pick-me-up
- Adult Child Independence and Failure to Launch
- Avoid Parental Frustration with HIPPA Laws
- Could a Sleep Tracker App Help?
- Holiday Foods to Target Alcohol's Effects

Balanced Living

<Q:\hr-publications\EAP Newsletters FY2023\1223BalancedLiving.pdf>

Topics:

- Less is More: How to Simplify Your Life
- Developing Empathy and Compassion to Avoid Division in the Workplace
- Finding Time for Rest and Relaxation