



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

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TAKE CARE OF YOU!

All of us are struggling. We each bring our own verse to the song of 2020, but the chorus is the same. Too much stress, too much worry, too much work; and the end not yet in sight.

As educators, we hold ourselves to incredibly high standards, often at the expense of our own mental and physical health. It can feel impossible to make time for self-care, but it is imperative that we do so. If we don't, we are of no help to anyone. This month's newsletter is devoted to wellness resources, with the hope that we all find something to help us through the struggle.

LINES FOR LIFE

Lines for Life is a regional non-profit organization whose main focus is the prevention of substance abuse and suicide, with an emphasis on intervention, prevention, and advocacy. During the COVID -19 crisis, *Lines for Life* has responded with the Oregon Helpers Wellness Initiative, through which they are offering free peer-facilitated Virtual Wellness Rooms and Wellness Affinity Groups. Participation in one of these virtual groups may help with:

- Stress reduction
- Evidence based self-care strategies
- Work-life balance strategies
- Resource sharing

For more information and links to the Wellness Rooms, visit www.Linesforlife.org/helpers.

FIND YOUR WORDS

Reaching out can be difficult, and we don't always know what to say. Visit www.findyourwords.org to access resources in five categories:

- Helping someone else
- Asking for help
- Caring for yourself

- Talking with kids
- Understanding depression

RELIANT BEHAVIORAL HEALTH

The Employee Assistance Program (EAP), through Reliant Behavioral Health, offers benefit eligible 4J employees and their dependents many support services, including up to five free counseling sessions for each issue you, or a family member, might be dealing with. RBH has added some additional supports this fall:

- Online support groups. Call 866-750-1327 to speak with a care manager who will connect you with a support group catered to your needs. You can join with a smartphone, tablet, or computer.
- Tess, an emotional support chatbot. Tess is available to connect via text messaging whenever and wherever you need. Tess is able to support you in the moment you need it most to boost emotional wellness. Tess is trained to deliver emotional support that aligns with recommendations from mental health experts. While Tess is not a therapist, she is trained by industry leaders to ensure your interactions are high quality. To get started, text "Hi" to 1-650-825-9634. When asked for your verification code, enter OEGBB.

To access counseling and other EAP services, Call 866-750-1327 or visit the RBH website, www.ibhsolutions.com/members:

- Click on the RBH logo
- Enter your Access Code: OEGBB
- Click the My Benefits button

4J WELLNESS CLINIC

The 4J Wellness Clinic can provide counseling services to established patients. Call the Clinic to sched-

The information in this newsletter has been summarized. It is presented as information – not advice or counsel. In all instances, the benefits, conditions, and limitations as outlined in the 4J Master Contracts prevail over this representation. Please refer to your Benefits booklet or master contracts available at the District offices for additional information regarding your benefits plans.

ule an appointment with Michelle Davila or Shannon Micheel to request a referral for a mental health appointment. The first ten sessions are at no cost to you. After that, you will be charged your health plan's copay for counseling services. If you have Kaiser insurance, be sure you let Michelle or Shannon know, as the referral process is slightly different for Kaiser patients. Currently, all mental health appointments are virtual, so there is no COVID risk involved. Mental health services are available to patients age 6 years and older.

Call 541-686-1427 to schedule your appointment.
 Clinic Hours: Mon. – Fri. from 9:00 a.m. – 6:00 p.m.
 It is closed daily from 1:00 – 2:00 p.m.

SIGNS OF STRESS

Our bodies are often the first to communicate that we are under stress. Do any of these signs of stress seem familiar?

| Physical Signs of Stress: | Mental Signs of Stress: | Emotional Signs of Stress: |
|--|---|--|
| <ul style="list-style-type: none"> •Muscle tension •Headache •Cold hands •Elevated heart rate •Stomach ache | <ul style="list-style-type: none"> •Poor memory •Negative self-talk •Difficulty concentrating •Easily distracted •Repeating, circling thoughts | <ul style="list-style-type: none"> •Irritability or easily frustrated •Over-reaction •Sadness •Anger •Increased anxiety or depression |

So what can you do to reduce your stress? Here are six simple suggestions:

1. Take at least four DEEP breaths. Repeat.
2. Practice relaxation.
3. Take breaks. Set an alarm for this, if needed.
4. Keep active.
5. Eat healthy, nutritious food.
6. Get enough sleep.

WELLNESS WEBINAR SERIES

The 4J Joint Benefits Committee, in partnership with Reliant Behavioral Health, is offering a series of free seminars to 4J employees & retirees throughout the 2020-21 school year. The seminars are offered once a month during the months of October –April, excluding December.

Our next seminar is **How to Have Difficult & Sensitive Conversations**. This seminar will discuss how

to be strategic in our most sensitive conversations. We'll work to better understand and articulate our own motivations. And we'll endeavor to increase our empathy and awareness towards others. Whether it's asking your boss for a raise or telling your mother you're not coming home for the holidays, you can improve your confidence, clarity and kindness. January 9, 2021 • 5:00 p.m.

Seminars on the horizon include:

Jumpstart to a Healthier You

February 16, 2021 • 5:00 p.m.

Empathy on Empty: Compassion Fatigue

March 16, 2021 • 5:00 p.m.

Calm Down: Meditation and Relaxation Guide

April 20, 2021 • 5:00 p.m.

GET YOUR FLU SHOT!!

If you were not able to attend one of the 4J flu shot clinics and have Moda or Kaiser insurance, many pharmacies can provide vaccines – no copayment necessary.

Call ahead of time to make sure the pharmacy has the vaccine you need. Show your Moda or Kaiser insurance card to the pharmacist for billing before receiving a vaccine – otherwise it may not be covered. Don't delay. Remember, the earlier you get your flu shot, the sooner you're protected.

Moda: The following participating chain pharmacies provide vaccines: **Rite Aid • Fred Meyer • Target • Bi-Mart • Safeway • Albertson's Sa-von**

Walgreens is **not** a participating pharmacy for Moda. For a complete list of in-network pharmacies or if you have questions, call Moda Health Pharmacy Customer Service at 866•923•0411.

Kaiser: To get a flu shot outside of Kaiser Permanente, visit one of these select retailers between now and December 31, 2020: **Costco • Target • Fred Meyer • Rite Aid • Safeway • Albertson's Sav-on • Walgreens • Walmart**

For a complete list of in-network pharmacies or if you have questions, visit www.kp.org/flu.

WANT TO WALK?

If you are interested in being connected with a walking group, please email Jamie Myers at myers_j@4j.lane.edu. Plans are in motion to create some groups, and I would love to get a list going of potential walkers!

