

One Source EAP Connections

Happy, Healthy 2020

January 2020

Happy New Year!

We hope 2020 will be a healthy year for both your mind and body. Major life changes, even "happy" ones can disrupt both your piece of mind and your overall health; it's called the Mind Body Connection. Changes such as:

- ◆ Death of a loved one
- ◆ Getting divorced or married
- ◆ Illness or an injury
- ◆ Getting a job promotion
- ◆ Financial problems
- ◆ Moving to a new home
- ◆ Having or adopting a baby

If you're experiencing significant stress, sadness or significant life changes, contact your One Source EAP at 800.300.0628. It's completely confidential!

Cheers to your emotional health in 2020!

The EAP Team



As a result of the Mind Body Connection, life changes can negatively impact your physical health. For example, stress, anxiety, or extreme sadness can be accompanied by physical symptoms, such as:

- ◆ Headaches
- ◆ High blood pressure
- ◆ Trouble sleeping
- ◆ Weight gain or loss
- ◆ Extreme tiredness
- ◆ Aches and pains

[Read more](#) about the Mind Body Connection from the American Academy of Family Physicians and reach out to the One Source EAP if you think you need assistance.

Your One Source EAP has a number of seminars and workshops for RWJBH teams to support your emotional wellbeing. We'll help you and your teams with topics such as:

Coping with Change

Managing Stress Instantly

Navigating Chaos

Grief Management

Stress Management

Financial Stress

[Click here](#) to book a seminar for your team.

One Source
Employee Assistance
Program

RWJBarnabas
HEALTH

To take advantage of your EAP benefit, contact
800.300.0628, 24/7, 365 days a year.

Contact with the EAP is completely confidential!