

2020 Wrap Up

Ulliance Life Advisor EAP Services & 2020

Certain to be a pivotal year in our nation’s history, 2020 presented no small shortage of challenges. Since the onset of the COVID-19 health crisis in early 2020, which forced all of us to change the way we live and work practically overnight, the Ulliance Life Advisor EAP provided uninterrupted support and frequent critical communication on workplace challenges – from employee anxiety about returning to work, to managing employees remotely during a crisis, to advice on how to stay connected while staying safe.

We also looked at the bigger picture and provided content relevant not only for employees, but for family members as well. We provided tips on how to talk about tragic events to children. We offered hope and suggestions for resiliency through times of change. We came up with new and innovative ways to celebrate the holidays. Through every new challenge, Ulliance remains committed to the improving the lives of the people we serve.

Employee Newsletters

[Pandemic Anxiety](#)

[Working from home with kids](#)

[Finances](#)

[Staying connected to family and friends](#)

[Helping the elderly](#)

[Staying on top of your health](#)

[Virtual Entertainment](#)

[De-escalation](#)

[10 tips for Furloughed Employees](#)

[First Responder for employees](#)

[Domestic Violence – COVID-19](#)

[EBook- Six Effective Tools for Managing Anxiety](#)

[Return to Work Self-care Tips – COVID-19](#)

[Relationship Strain – COVID-19](#)

[Maintaining Recovery from Addiction during COVID-19](#)

[Talking with Children during Turbulent Events](#)

[Back to School, COVID Edition](#)

[Problematic Coping](#)

[Growing through Stressful Times](#)

[Helping the Helper](#)

[Preventing Child Abuse](#)

[Relationship Maintenance](#)

[Dare to Intrude: Suicide Awareness](#)

[Preparing for Winter](#)

[Countdown to Candy](#)

[Try This, Not That](#)

[Election Anxiety](#)

[Financial Fitness](#)

[Holiday Differences](#)

[Holiday Budgeting](#)

[Giving Grace](#)

[Do Good this Holiday Season](#)

[Setting Resolutions that Stick](#)

[Emotional Mindfulness](#)

[Ulliance Holiday Cook Book](#)

[Working Through the Holidays](#)

Webinars

In addition to our newsletters and bulletins, Ulliance provided regular webinars on issues directly relevant to the year's many challenges. Many of these webinars are now available on-demand through the LifeAdvisorEAP.com portal.

Employee Webinars

[Parenting an Anxious Child](#)

[Dare to Intrude: Suicide Prevention](#)

[Working from Home and Keeping a Balance](#)

[Eat Food, Not Feelings](#)

[Resiliency During Times of Change](#)

[Empowering the Bullied Child](#)

[Becoming Assertive Without Becoming a Jerk](#)

[Turning Passion into Purpose](#)

[Sibling Rivalry](#)

Ulliance Recommendations for the Year Ahead

As we look at the weeks and months ahead, we know that you will continue to face new work/life issues. To best prepare for the year ahead, we recommend the following:

- Prioritize self-care. Develop a plan of how you will manage your physical and mental health in the months to come. It is important to set aside time each day for you to take care of you.
- Stack your positivity deck. Challenge yourself to see the light in each and every situation. If you choose to focus on the positive and reframe negative thoughts, you'll see your mood lift each and every day.
- Make Ulliance your total well-being partner
 - Visit the newly updated LifeAdvisorEAP.com portal for on-demand webinars, video tutorials, and a library of resources on a variety of work/life and well-being topics.
 - Need a refresher on what Ulliance offers?

Click to view the [Ulliance Employee Orientation video](#) OR

Click to view the [Ulliance EAP animated explainer video](#)



**Ulliance provides no cost, confidential, short term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**