



Human Resources

Welcome to the Ulliance Life Advisor Monthly Newsletter

Developed in conjunction with Wayne State University Human Resources

Well-being refers to feeling good and living both safely and healthily. When COVID-19 was declared a global pandemic in March, the world struggled to adapt to a quickly changing environment. During this time, our homes became our workplaces, and a school for our children. With all this change, the consensus at the time was that this “new normal” was going to be relatively short-lived. But as we enter the sixth month, we’re starting to come to terms with the reality that we will need to continue to adapt for longer than we originally thought. You don’t have to do it alone. Learn about how the Ulliance benefit can help.



COUNSELING | COACHING | 24/7 CRISIS LINE | WORK/LIFE SOLUTIONS

Learn more about how the Ulliance Life Advisor Well-Being benefit can help you!



If you're interested in watching a comprehensive overview video and learning the details of the Life Advisor EAP—**CLICK THE BUTTON BELOW!**

[Watch Full Length Orientation Video](#)

Life Can be Hard. Talking Helps.

Call us for short term, solution focused assistance for the concerns that are so common in our world today:

- Managing Stress and Anxiety
- Relationship Strain
- Back to School Challenges
- Substance Use
- Grief/Loss
- Getting Organized
- Finding Resources for Child and Eldercare



Try these helpful resources!

- [Pandemic Anxiety](#)
- [Working from home with kids](#)
- [Relationship Strain – COVID-19](#)
- [EBook- Six Effective Tools for Managing Anxiety – COVID-19 and Non-COVID-19](#)
- [Return to Work Self-care Tips – COVID-19](#)

Enjoy our Free Webinars two ways:

1. Register for one our live September webinars!

Time Management – Thursday, September 17, 12:00-1:00 PM

Registration URL: <https://attendee.gototraining.com/r/6505089429603251714>

Emotional Distress in the Workplace -Tuesday, September 22, 12:00-12:45 PM

Registration URL: <https://attendee.gototraining.com/r/4781836950018803202>

2. View previously recorded webinars on demand.

Find topics such as Becoming Assertive, Resiliency During Times of Change, Working from Home and Keeping a Balance and Parenting an Anxious Child

<https://vimeo.com/channels/ullianceeewebinars201706>



Flu Vaccinations

Stop the Flu WSU: WARRIOR STRONG IS WARRIOR SAFE!

This year, being up-to-date on all vaccinations and receiving the annual flu vaccination is especially important. You don't want to be at risk for the flu and COVID-19, which are both serious respiratory viruses.

To learn more about the annual flu vaccination on campus this fall, please visit our website:
<https://health.wayne.edu/wellness-warriors-stop-the-flu-wsu/>



Learning resources to lead and work in a virtual environment.

Leading Virtually • Working Virtually • Personal Wellbeing • Virtual Productivity

Check out these self-paced learning resources that address topics identified as most important* for WSU leaders and staff to be successful in a virtual environment.

Log into Academica at <https://academica.wayne.edu> to access these programs:

Learn more at: [Accelerate Information website](#)

*Topics identified in a campus-wide survey in May 2020.

Stay on the path to total well-being!



Call Ulliance we're here to help—**800.448.8326**

WAYNE STATE UNIVERSITY WARRIOR STRONG