Employee Assistance Program — November 2016

Clemson University provides an employee assistance program to University faculty and staff and their dependents/household members through Deer Oaks EAP, an outside resource for programs that address work and life issues and help individuals live happier, healthier, more balanced lives. A variety of health and wellness, counseling, referral and consultation services are available. Services are completely confidential, and there is no cost for most services.

If you have questions, comments or concerns, please contact the Office of Human Resources at Ask-HR or (864) 656-2000, or contact Deer Oaks EAP anytime by calling (866) 327-2400.

How to Learn More About Clemson’s Employee Assistance Program

1. Click HERE.
2. Click ‘Member Login’.
3. Type Username 'Clemson' and Password 'Clemson'.
4. Use the navigation bar to explore the services offered by Deer Oaks EAP.

Upcoming Seminars

General

**Topic: Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress**

*Webinar Overview:* If stress is getting in the way of your holiday enjoyment, explore ways to minimize the tension and increase the fun for all involved.

*Schedule:*
- Available on demand. To register, click [HERE](#) and follow the instructions.

**Topic: Lighten Up With Laughter**

*Webinar Overview:* Everybody needs a good laugh. Learn about the many benefits of laughter and develop an action plan for improving humor in your life.

*Schedule:*
- Available on demand starting Tuesday, December 20, 2016. To register, click [HERE](#) and follow the instructions.

Supervisors

**Topic: Communicating Effectively with a Diverse Team (archived)**

*Previously Broadcasted Webinar Overview:* This course focuses on the challenges of managing a diverse work team that includes different cultures, generations and personality types. Also, the course provides practical approaches
for maintaining quality relationships so your team’s objectives are met.

AvailableNow:
   o Click HERE to view.

November 2016 Newsletters

Employee Newsletter — Click HERE to access the November 2016 newsletter, which includes the following the following segments and topics:
   o Keeping Holiday Stress at Bay – Click HERE to access the support program flyer.
   o Good Mood Foods
   o Snippets
      o Protecting Your Hearing
      o When to Brush Your Teeth
   o The Greatest Gift: Your Time
   o Clinician’s Corner: Managing Expectations/Holiday Stress
   o Build Personal Financial Security

Supervisor Newsletter — Click HERE to access the November 2016 Supervisor newsletter, which includes the following segments and topics:
   o Be a Great Boss When You’re Swamped
   o Four Strategies for Being Assertive
   o Ask Your EAP!

Did You Know? - Retirement—Click HERE to access the November 2016 Did You Know newsletter, which is dedicated to helping you preparing and adjusting for retirement!

Free Tobacco-Cessation Program

Live Tobacco Free is a tobacco-cessation program provided at no cost to Clemson faculty and staff and their spouses/dependents. Participants receive confidential sessions with a personal tobacco-cessation coach and online support, a combination that helps participants quit for good. Call the 24-hour helpline at (866) 327-2400 to get started, or find out more on the Deer Oaks website at www.deeroaks.com.