



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP) Monthly Email - November 2022**



### **Supporting Caregivers**

More than 53 million Americans take on the role of caregiver for family, friends, and neighbors. While caregiving can provide joy and satisfaction, it can

also put added strain on the caregiver's physical, mental, and emotional well-being. In turn, employees may feel torn between their caregiving commitments and job responsibilities, contributing to stress, anxiety, and feeling overwhelmed.

During National Family Caregivers Month in November, please explore the resources and support available under the State's

EAP benefit through [Beacon Health Options](#). Your EAP benefit offers support for caregivers that includes:

- Connecting you with information and resources
- Helping to identify warning signs of caregiver burnout
- Providing tips for self-care and stress management

To learn more about the resources available and to find support, contact the State's EAP today.

## Caregiving Resources

Please review the following resources available through the State's EAP.

### **Article: *Coping with the emotional challenges of caregiving***

Caregiving can be more than a full-time job, and it is often physically and emotionally tiring. Caregivers must juggle their own lives as well as attend to the needs of another. It's not hard to see how caregivers might become overwhelmed. [Learn more here.](#)

### **Article: *Managing caregiver stress***

Caregiver stress is the emotional and physical strain of caregiving. It can take many forms, including feelings of frustration, anger, guilt, and loneliness. Learn more to help you recognize the signs and reduce caregiver stress. [Learn more here.](#)

### **Article: *Parenting a child with special needs***

The stress of raising a child with special needs can challenge your health, marriage, and family life, which is why developing a

support network to relieve some of the pressures is so important.

[Learn more here.](#)

**Article: *Long-distance caregiving for elders***

It can be hard to care for an older relative who lives far away. Being there for your relative often means leaving your own responsibilities behind. As difficult as caregiving at a distance can be, there are ways to bridge the gap. [Learn more here.](#)

## Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

**PHONE: 866-987-3705 | 401-429-2104**



**WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>**

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