



Happy February!

We on Your Benefits Team are excited to reach out with the first of our monthly Spotlight emails of 2024. We hope this content is informative, is beneficial in helping you access and understand one component of your benefits package, encourages you to contemplate ways to improve your Well-being, and that you'll reach out if you have questions!

Benefit Spotlight—InvestEAP

Did you know that your Employee and Family Assistance Program (EFAP) is **FREE** and can help you with these challenges and more?

- Eldercare Resources
- Financial Coaching
- Grief and Loss
- Healthcare Navigation
- Legal Consultations
- Management Resources
- Mental Health
- Substance Use Disorder
- Will Preparation



Access this amazing college provided benefit anytime – InvestEAP is available 24 hours, 7 days a week, 365 days a year!

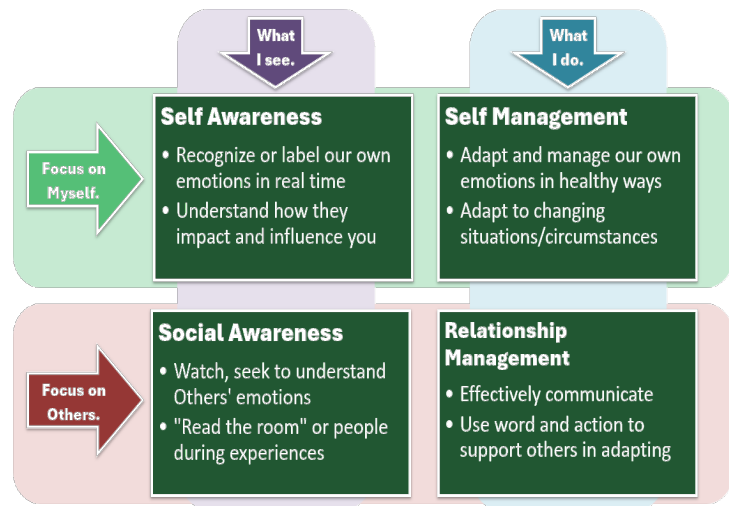
- **Go Online:** <https://www.investeap.org>
 - ✓ Password – use your college’s: champlain | midd | stmichaels
- **Call:** 866-660-9533
- **TIP:** Put the number in a visible spot like on your fridge, bulletin board, or desk.
 - ✓ Anyone in your household can call!

Well-being Spotlight—Emotional Intelligence (EQ)

Emotional intelligence plays a crucial role in promoting overall well-being by enhancing self-awareness, regulating emotions, fostering positive relationships, adapting to change, managing stress, and making informed decisions. Developing and improving emotional intelligence or EQ can lead to a more fulfilling and balanced life.

Take a few minutes to watch these brief videos with tips for enhancing EQ:

1. Learn to [label our emotions](#).
2. [Show up](#) to our emotions.
3. [Walk your why](#).
4. [Move on](#).



Find additional resources on Emotional Intelligence in this [document](#) with a variety of links.

Event & Webinar Spotlight

Many of our benefit vendors and other partners of GMHEC the colleges provide learning opportunities live and on-demand for you to watch/listen to anytime. We hope that you'll take advantage of the highlighted events we share, and also the many opportunities in our list linked below as the 2024 Webinar Calendar.

- Tuesday 2/13/2024 - [Mental Health & Finances](#)
- Thursday 2/15/2024 - [Fostering Connection to Prevent Workplace Burnout](#)
- Tuesday 2/27/2024 - [Mental Health First Aid](#)
- [Take a look at our 2024 Webinar Calendar!](#)

Wishing you a wonderful day!



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