

Handling Challenging Situations

Noticing your own thoughts

You may not be able to control the events that happen around you, but you can choose how you react.

Mindfulness can help build active awareness of your thoughts.

For Login information, please contact Solutions EAP

PHONE: 800-526-3485

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WEBSITE: www.solutions-eap.com

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



How to access these webinars:

- 1. Go to www.solutions-eap.com.
- 2. Go to "For Employees" and click the option listed as "Work-Life Services Online Login"
- 3. Click on the WORK-LIFE Solutions hyperlink under "Family Solutions"
- 4. Enter the Username and Password for your organization. If you need the username and password for your organization, give us a call at 800-526-3485.
- 5. On the homepage, scroll down to ONLINE SEMINARS and click "Read More: Online Seminars"
- 6. Scroll down to VIEW PAST ON DEMAND ONLINE SEMINARS and click the seminar you would like to take.
- 7. Click on the hyperlink with the name of the seminar. You can also choose to view the audiovisual transcript of the presentation if you would like.
- 8. After clicking the link for the course, you should be prompted to enter your name, email, organization, and EAP name (Solutions EAP).
- 9. Check your email for the course link, and enjoy!
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