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## MHN Member Pulse Digest

Here's the **MHN Member Pulse (July 2015)**. We will continue to forward blog updates for easy reference to the Employee Assistance Program. As a reminder, you can visit the MHN EAP website at [www.members.mhn.com](http://www.members.mhn.com) or call (800) 227-1060.

Don't forget.... Employees, their family members and anyone under the employees roof have access to a wide range of tools and resources that help balance work and life, improve health and wellness, and enhance emotional wellbeing through this program, ***at no cost to you as an employee or your family members***. All information is confidential as well. Please let me know if you have any questions.

# Member Pulse

## Digest



JULY 1, 2015

### MHN Member Pulse Updates

Did you know that American workers [report](#) working an average of 47 hours per week, almost a full workday longer than a standard, five-day, 9 to 5 schedule?

Given how much time we spend on the job, it's natural to want to enjoy what we do and whom we work with. While we log long hours at work, we likely also want to avoid chronic stress.

This month's *Member Pulse* digest features tips for thriving at work. Just click on the titles below to go directly to the articles.

- [\*\*Job satisfaction: How to make work more rewarding\*\*](#)  
Do you often feel the Monday (or Sunday) blues? Does the work week drag, while the weekend flies by? These tips can help breathe new life into your job.
- [\*\*Thriving in the workplace after a workforce reduction\*\*](#)  
Losing one's job during a workforce reduction is tough. But those who remain in the workplace also feel the effects of cutbacks. After a workforce reduction, how can you thrive in the workplace? The key lies in knowing what you can control. Consider these tips.
- [\*\*Tips for communicating effectively with your boss\*\*](#)  
Your relationship with your boss can affect your job satisfaction, career prospects and stress level. If talking with your boss makes you anxious or stressed, these tips can help.
- [\*\*Personalized wellness coaching for stress management\*\*](#)  
If you're ready to get your stress under control, you don't have to do it alone. A personal wellness coach can offer extra support to help you make a plan for stress management.

Don't forget to save [\*\*MHN Member Pulse\*\*](#) to your list of favorite websites! Also, check out [\*\*MHN's member website\*\*](#) for all sorts of valuable tools and content just for EAP members.

To access MHN's member website, you will need your company code. You can obtain this by contacting MHN at (800) 646-9923 or [membersupport@mhn.com](mailto:membersupport@mhn.com).

We speak your language!

Call our toll-free number for assistance. When you call MHN, free interpretation services are available in over 170 languages.

¡Hablamos su idioma!

Si desea ayuda, llame a nuestro número telefónico gratuito. Cuando llame a MHN, podrá usar nuestros servicios de interpretación gratuitos en más de 170 idiomas.

我們使用中文!

撥打我們的免付費電話以取得協助。打電話給MHN時，我們可提供170多種語言的傳譯服務。

Call us at the number on your EAP member website to let us know your spoken and written languages. You may be asked to give us your race and ethnicity information. You can choose to not answer if you prefer. We use this information to improve the quality of services that you receive. MHN will protect your individual information and will not share it with anyone.

Llámenos al número que figura en el sitio web para miembros de EAP para hacernos saber su idioma oral y escrito. Es posible que también le preguntemos acerca de su raza y origen étnico. Puede optar por no responder si lo prefiere. Utilizamos esta información para mejorar la calidad de los servicios que recibe. MHN protegerá su información individual y no la compartirá con nadie.

請致電您 EAP 會員網站上所列的電話號碼與我們聯絡，以告知我們您在說話和書寫時所使用的語言。我們可能會要求您提供您的種族和民族資訊。您也可以選擇不回答。我們會利用您提供的資訊來為您提供更好的服務。MHN 將保護您的個人資料，不與任何人共享。

Please note that the characters above may not display correctly if the Chinese simplified language pack has not been installed on your computer.

Not yet registered for your EAP member website? No problem! [Log in/Register](#)

## [CONTACT US](#)

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