



## MHN Member Pulse Digest

Please note the new member blog from our EAP, **MHN Member Pulse (October 2014)**, which replaces the monthly MHN Member Matters. We will continue to forward blog updates for easy reference. 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....all SCUSD employees and their family members 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.



OCTOBER 1, 2014

### MHN Member Pulse Updates

We've added the following articles to *MHN Member Pulse*. Just click on the titles below to go directly to the articles.

- [Work-Life Balance: Tips to Reclaim Control](#)  
When your work life and personal life are out of balance, your stress level is likely to soar. Use these practical strategies to restore harmony.
- [Job Satisfaction: How to Make Work More Rewarding](#)  
Stress mounts when job satisfaction falls. Here's a look at some of the causes of job dissatisfaction - and practical ways to boost job satisfaction.

- [Stress Relievers: Tips to Tame Stress](#)  
**Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. If your stress is getting out of control and you need quick relief, try one of these tips.**
- [Tips to Communicate Effectively with Your Boss](#)  
**Just the thought of communicating with your boss can be enough to produce stress and anxiety. However, with a little preparation and practice, you can be on your way to confident and effective communication.**

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.

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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。  
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](#)

MHN Member Pulse is for informational and self-help purposes only. It should not be treated as a substitute for financial, medical, psychiatric, psychological, or behavioral health care advice, or as a substitute for consultation with a qualified professional.

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