



Women's History Month

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Employee Assistance Service for Education

Highlights:

- Women's History Month
- Resources on the importance of sleep
- Upcoming Workshop: Sleep is your Super Power



MESSAGE FROM EASE

This month our newsletter focuses on honoring women through celebrating Women's History Month and also the very important topic of "Sleep". Like diet and exercise, quality sleep has a profound impact on our physical, emotional and mental wellbeing. Between 50 and 70 million Americans suffer from some form of a sleep problems, according to the Centers for Disease Control, but according to researchers, it's more of a problem for women. Women are more likely than men to have insomnia and other sleep related disturbances. The reasons for this may vary from hormonal changes, caregiving roles, increased levels of stress, gender roles and stereotypes, and even differences in the actual wiring of the brain. Women face many potential barriers that can disrupt and disturb sleep, however, getting the right amount of sleep is vital in promoting a woman's health and well-being. Sleep has a major impact on the quality of life and health of any person. Getting good sleep helps boost your mind and mood and can help prevent health problems. Not getting enough sleep has an impact on one's ability to concentrate, energy levels, and ability to function effectively and relationships. Sleep is also where emotional regulation takes place and we are able to process the day and physically and mentally "reset" ourselves. The average adult needs seven to nine hours of sleep each night. Find your motivation to prioritize your own sleep. Practicing good sleep hygiene is a step that we can all take to improve our mental health and strike a healthy balance between work, personal and family life. Join us in our monthly workshop on "Sleep is your Superpower" to learn more about this important topic!

EASE CAN HELP DURING DIFFICULT TIMES

Professional counselors are available.

Call the EASE Hotline for 24/7 assistance.

Free confidential professional help for member district employees:

- Family difficulties.
- Emotional distress.
- Job stress.
- Depression & Anxiety.
- Substance use.
- Grief & Loss.
- Life transitions.



EASE IS AVAILABLE

1-800-882-1341
EASE Office & 24/7 Hotline



CELEBRATING WOMEN BY PRIORITIZING WELLBEING

By: Stephanie Pinto, EASE MFT Intern

In recent years, Women's History Month has been in the spotlight and celebrated more than ever, and rightfully so. However, it took a series of events to dedicate this entire month to the efforts of women all over the world.

How did Women's History Month come about?

The first National Women's day was celebrated on February 28th, 1909 in the U.S., and because it was well received worldwide, it became International Women's Day in 1911. The first Women's History Week occurred in 1978 in Santa Rosa, California. Finally, decades after the first National Women's Day, in 1987 congress declared March as the official Women's History Month.

This month offers the perfect opportunity to think about the diversity of women's lived experiences and the specific mental health challenges they may be dealing with every day. It is important to remember that mental health challenges, of any kind, can affect all of us, impacting things at home and at work. Nobody is immune.

Here are some ways to celebrate Women's History Month in the workplace:

- Encourage thoughtful reflection and interactions - Holding space to participate in meaningful conversations pertaining to women's issues.
- Initiate an employee recognition program - This can help the works and efforts of employees who are women (e.g., Woman of the year.)
- Host insightful "lunch and learns" or conference- Invite presenters to highlight influential women and celebrate their achievements.

<https://www.adp.com/spark/articles/2023/03/6-ways-to-celebrate-womens-history-month-at-work.aspx>

Resources on Sleep

Huberman Lab Podcast: Use Sleep to Enhance Learning, Memory & Emotional State



Toolkit for Sleep

[CLICK HERE](#)

The Importance of Getting Good Sleep Article

[CLICK HERE](#)



CALM Workshop

Sleep has been linked to stronger physical strength, stable mental health, increased productivity and many other benefits. This month's CALM online workshop "Sleep is your Super Power" will be talking all about sleep.

During this session, the importance of sleep will be discussed and you will learn practical tools to improve your sleep hygiene and your overall well-being. The workshop will be on March 22nd at 12 PM (PST).

Click the image below to sign up for our workshop this month!



Sleep is Your Superpower
Workshop for Employees in Education

Sleep is often viewed as a luxury. However, sleep powers our minds, our bodies, and our teams. There is no tenant of health that sleep doesn't affect. Even a few hours of lost sleep impacts our thinking, mood, and memory. During this session we will learn about the effects of poor sleep and share practical tools to unleash the power of rest.

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations. Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.

[Sign Up](#)

MARCH 22ND, 2023

12:00PM- ONLINE

Session Duration: 45 minute workshop + interactive exercises

A recording will be made available for those unable to attend.



TALK TO US

EASE has counselors available.

(800) 882-1341

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