

# **Department Chairs & Deans Retreat**

## **August 19, 2024**

**Office of Human Resources**

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# Self-Care Resources

Employee Assistance Program

Calm App

The Campus Care Recovery Program

Upcoming events and programming

# Employee Assistance and Work/Life Balance Program

Resources to assist you, your family and household members in achieving work/life balance

Up to 3 counseling sessions per issue

Resources such as health & wellness, legal, caregiving, relationships and workplace

24/7 Care Center at 1-800-367-7474

A comprehensive website at [www.mylifematters.com](http://www.mylifematters.com) (password: matadors)



## Getting Started with Calm

Our newest employee wellness resource you can integrate to suit your schedule and needs.

# Sign up for Calm!

1. Visit the link [Calm - Your Newest Employee Wellness Resource | California State University, Northridge \(csun.edu\)](#)
2. Or, sign up by scanning the QR code:

*Sign up with your personal email and you will then be prompted to validate using your CSUN SSO.*





**You can use Calm to build mental fitness through better sleep, mindfulness, and meditation.**

**Creating a higher mental resilience enables you to perform with greater ease through the highs and lows of personal and professional life.**



# Calm Journey

<https://www.csun.edu/benefits>

# Revitalize: The Campus Care Recovery Program

## College of Education

A wellness resource website that connects students, faculty and staff and our surrounding community partners with wellness resources.

Revitalize: The Campus Care Recovery Program |  
California State University, Northridge (csun.edu)

SUN Program | California State University, Northridge  
(csun.edu)



# Self-Care Resources

Benefits Annual Open Enrollment:

September 16 – October 11, 2024

New physical activity challenge: Go Gold


Registration opens on October 14.

Personal & Professional Development

Living to Work, Working to Live: 9/24/24 10-11

Dealing with Triggers: 10/8/24 10-11

Human Resources | California State University,  
Northridge (csun.edu)



Health is not Valued  
Till Sickness Comes