

BenefitsNEWS

June 2022

June Highlights



Pride is for EVERYONE. No exceptions. June is Pride Month and we're focused on celebrating and recognizing members of the LGBT+ community and all allies. The Pride & Allies ERG has planned a month full of events, activities and education. You'll see a focus on Pride across the entire SBD community – how we at Stanley Black & Decker show our pride, moments we take great pride in and what we are most proud of. Take a look at the calendar of events and show your support for our LGBTQ+ employees by sharing what you take pride in on the [Pride & Allies ERG Workplace page](#).



SBD Online Store Discounts – Virtual Father's Day Sale: Now through June 20, 2022 (and just in time for Father's Day), SBD employees can shop hundreds of products virtually at the [SBD Online Store](#). If you have questions or need help accessing the store, contact the SBD Online team at OnlineEmployeeStore@sbdinc.com or scan the QR code to the right.



A Facilitated Discussion about Sadness, Fear, Anger and Anxiety: These and many others are feelings many of us are experiencing in response to recent gun violence and mass shootings in the US and the ongoing war in the Ukraine. Please join Dr. Felix Orlando Padron, CAP, PSY.D., LMHC in a facilitated, group discussion that will give people space to express their concerns, process their feelings, and receive advice and access to additional CIGNA resources. Two sessions available: **Wed. Jun. 8th** at 9:30 am ET ([Meeting link am](#)) and at 5:00 pm ET ([Meeting link pm](#))



Speak with a Money Coach! Benefits eligible employees and household members can work with a Money Coach for 30-days at no cost. Get help with basic money management, getting out of debt, financial challenges, questions and more with My Secure Advantage, available through our NYL GBS partnership. You may also access online tools and educational resources at all no-cost. Contact information on back.

Well-being guide contents:



Health & Physical Well-being



Mental Well-being



Financial Well-being

June National Health Observances & Events:

- **LGBTQ Pride Month**
 - Jun. 1 – join in a Pride Raising Flag Event if you are local to Towson MD or New Britain WHQ, CT
- **Men's Health & Prevention**
 - Jun. 17 - Wear Blue Day
- **Juneteenth – Sun. Jun. 19**
- **National Safety Month**

Mark your calendar for upcoming events (or access the recording after the fact)



6/1 – 1 pm ET

Understanding Post Traumatic Stress (Cigna)

Trauma can enter our lives in many ways and leave a lasting impact. Learn about brain processes that play a role and gain strategies that can help.

www.cigna.com/eapwebcasts



6/8 – 1 pm ET

Financial Wellness – Overcoming Debt (LifeCare)

Carrying too much debt today can jeopardize your financial future. Increase your financial know-how and steps to favorably impact your debt.

Log into **uCentral > Perks**, click **LifeCare link** or visit <http://member.lifecare.com>, code: SBD



6/14 – 12 pm ET

Proud to be an Ally (LifeCare/Care.com)

Learn what true allyship looks like and how you make a difference.

https://caredotcom.zoom.us/webinar/register/4416527371143/WN_bu-zQLqRZ6bOX024uZXyq



6/15 – 2 pm ET

Gender Transition and the Workplace (Cigna)

Confirming “genders” can be a hard concept to understand. Learn more about gender identity and what it means when a person transitions.

www.cigna.com/eapwebcasts



6/15 – 2 pm ET

4-Step Financial Wellness Checklist (Principal)

Now is a great time for a financial wellness checkup. Walk through 4 steps with Principal to help improve your overall financial wellness.

https://www.bigmarker.com/principal/4-step-financial-wellness-checkup?utm_bmcr_source=LearnNow



On-demand webinar

Coping in the aftermath of a mass-shooting (Cigna)

A random act of violence can shatter our sense of safety and trigger deep emotions. We'll share strategies for managing your thoughts and feelings and supporting your child(ren).

www.cigna.com/eapwebcasts

Outside is where it's at.

You don't have to travel far from home to experience nature. The next time you go outside, take notice of nature (green spaces, fresh air, chirping birds) and how it makes you feel. The natural world is all around us, and spending time outdoors can have a positive effect on your health and well-being. Scan the QR code below for ways that nature can give you a boost.



Try some fun ways to add more nature to your day:

- Explore your own backyard or neighborhood.
- Add a bird feeder and birdbath to attract wildlife.
 - Go outside for a walking meeting.
 - Read a book under a tree.
- Go hiking, fishing or camping.
- Step outside to admire the night sky.

Best. Summer. Ever

Summer is just around the corner. Care Specialists are standing by to help you get organized to make the most of it—from camps, care, and activities; to yard and pool services, and more.

Contact a LifeCare specialist at **866-608-6618**.



You CAN get organized!

LifeCare.

What would it take to get your life organized? Getting organized might sound like a tall order, but the truth is you can do it with a handful of easy-to-follow strategies. Try out a few of the tips below and see how they work for you.

At the start of your work day:

Write down your **3 Most Important Tasks (MITs)**. Before you stop for the day, write down any tasks you'd like to accomplish the following day.

At the end of the work day, clear your space:

Clear your computer desktop and put files where they belong (digital or paper), leave your workspace free of clutter.

Deal with an email instead of putting it off.

When you open an email, give it the space to deal with it immediately. Read it, reply, take action, or archive it. Or put it on your to-do list for later, if it's a big task.

When you get up from your desk, put one thing away.

Whenever you get up for a glass of water, to go to the bathroom, to take a break ... pick up something off your desk and put it away.

Put non-essential items you want to buy on a 30-day list.


Create a 30-day list, and whenever you want to buy something that's not absolutely essential, put it on the list with the date you added it and wait 30 days. Reconsider before buying it.

One in, one out.



When you bring something new in your life, get rid of one other similar thing. For example, if you buy a pair of shoes, donate one pair.


Don't implement them all at once. In fact, it's best to try one per week. Really focus all week on making that rule happen. If it goes well, keep it. If not, toss it out. The next week, try another. One at a time, you'll find the rules that work for you. And one step at a time, your life will slowly become less cluttered, more organized. And you'll be set up to make great things happen in the rest of your life.


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Juneteenth, a combination of **June** and **nineteenth**, recognizes the date in 1865 when the last slaves in the United States were officially freed. This month take part in events to celebrate African Ancestry, the power of resilience and the importance of unity, community and service. 

Featured Wellness Partners & Ways to Connect

 **Cigna Employee Assistance Program (EAP)** - Visit mycigna.com and click on the "Review My Coverage," under EAP for resources or call 800.243.3280. All US based SBD employees have access to **5 free confidential sessions per incident, per household member** with a licensed psychologist or therapist. 

 **LifeCare Work/Life Services** - Call 866.608.6618, log into uCentral > Perks and click on the LifeCare link, or visit member.lifecare.com, registration code: SBD

 **My Secure Advantage through New York Life Group Benefits Solutions** – Visit nylgbs.mysecureadvantage.com or call 888.724.2262 to speak with an MSA representative

 **Principal Milestones** – visit principal.com/Milestones or call 800.547.7754

Visit the **SBD Benefits Center** at www.sbdbenefitscenter.com/welcome to access more benefits news and resources. *No login required!*