

The City of Spokane

Weekly News Update for June 7

Stay up-to-date on City of Spokane and employee news with our weekly *Employee Update*.

Congratulations to the Employee Awards Winners

Last week, we honored the outstanding work of City employees and teams at the [2021 Employee Awards](#). Congratulations to the nominees and winners!

Team of the Year



Public Works Hill Slide Team

Employee of the Year



Meghann Steinolfson

Thank you to everyone who attended in person and those who were able to join us online to celebrate this amazing group of employees.

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Understanding Stress and Building Resilience](#)
People experience stress as they adjust to a continually changing environment. Stress has physical and emotional effects; it can create both positive and negative feelings. Positive stress can energize you and help you reach your peak performance. However, too much pressure turns into negative stress. Prolonged exposure to stress can be harmful to your physical and mental well-being. One of the first steps to managing stress is to understand what causes it.
- [Generalized Anxiety Disorder](#)
It's normal to feel anxious from time to time, especially if your life is stressful. However, excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities may be a sign of generalized anxiety disorder.

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device.