

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## FEBRUARY

### "THRIVE" WITH NATIONAL EAP

National EAP is committed to ensuring that all of our members have the tools to **thrive** in 2021.

#### Create a Life You Love

Join National EAP **February 16th @ 12pm EST** to learn how you can use elements of positive psychology to create a life you love. In this interactive workshop you will learn how gratitude, and focusing on your strengths can help increase your satisfaction in life. If you are ready to start living a life you love, this session is for you!

#### Express Yourself: Winning Communication Strategies

Do you ever feel like you are speaking, but your message isn't making the impact you intended? Don't miss this performance coaching session on **February 18th at 12 pm EST** designed to help you communicate your intentions clearly and effectively. Communication is a two-way process; understanding how to flex your style to match others' needs will make your communications more impactful. Strong communication skills are the key to success in your professional and personal life!

To register for either of these webinars, [click here](#)



### Diversity & Inclusion HR Educational Series

Last year National EAP hosted a special edition of our Diversity and Inclusion Education Series: *D&I Best Practices for HR* with featured expert Terrence Simmons of OneTeam Consultants. Terrence, a faculty member of Cornell University where he teaches Diversity and Inclusion strategies, has assisted several big corporations such as PepsiCo, Vanguard, Edward Jones Investments and Mastercard, to name a few.

In this educational series, Terrence provided HR with concrete strategies to increase organizational diversity through more inclusive recruitment, interview and management practices. He goes beyond the "protected classes" and gives a deeper insight on how to diversify your workplace by looking at other factors besides what is legally required.

To listen to this webinar, [Click Here](#)

## FEBRUARY IS BLACK HISTORY MONTH

**Did You Know?** Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Source: [www.history.com](http://www.history.com)

# STOP WORRYING AND START THRIVING

*Written By: Meghan Beck, EAP Specialist*

**"Worry is like a rocking chair: It gives you something to do but never gets you anywhere," - Erma Bombeck, American Columnist.**

Does this quote resonate with any of you? In my experience working as an EAP Clinician and Licensed Social Worker during the COVID-19 Pandemic, I have seen first hand the impact anxiety and worry can have on people's mental health and well-being. During times of uncertainty, we must ask ourselves: "What can I do to control my current circumstances?" Consider: Do you have total control over the pandemic? The short answer to that is - no. However, we do have control over our mindset. Your attitude is your choice. When you experience fear, anxiety, and worry about the uncertainty of our nation weighing heavy on you, ask yourself: "Is it worth the worry? Will this matter a month from now? A year from now?" Call yourself to action. Take charge of your current circumstances.

How can you find the silver lining in a time filled with so much despair? First, I encourage you to extend a bit of self-compassion toward yourself. Be kind to yourself - with your words and with your actions. Find time to thrive in the face of adversity. Quiet your inner critic and summon your inner champion. Treat yourself the way you would treat a friend who is suffering. Challenge your negative-self talk and try to avoid being critical of yourself. You are deserving of compassion - you are worthy of happiness and success - ACT LIKE IT!

If you find yourself wondering how you can do that - the first step is make time for self-care. Speak kindly to yourself and remember: we are all human and we are all going through this together. Be empathetic to those around you. Make time for rest and relaxation. Ask for help if you are struggling. Practice mindfulness, connect with those around you (virtually, of course), exercise, sleep well, and find time to engage in things important to your personal and professional growth and well-being.

**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

**Call or log on to get started.**

**TOLL-FREE: 1-800-624-2593**

**WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)**

**USERNAME: Your Company Name**

**PASSWORD: Your Company Name**

Finally, I leave you with a few words of encouragement to help you thrive in 2021 and be the best version of yourself:

- **Find opportunity in the face of adversity - obstacles help foster growth.** Although you may not recognize it now - you WILL grow from this. It's up to you to figure out how!
- **Step outside your thoughts -** Be aware of your thoughts instead of being imprisoned by them. Figure out what needs to be changed - start with your attitude. Take stock of the positive aspects of your life and find positive role models in your life and nurture those relationships.
- **Acknowledge your fear and the fear of others -** Hold these feelings with a compassionate heart. Seek help if you are struggling.
- **Practice gratitude -** As Brene Brown would say: "Gratitude invites joy into our lives."

**To read more National EAP Blog posts, [click here](#)**



## Training Spotlight

### ***Leadership Masterclass: Rising to Excellence***

National EAP's **Leadership Masterclass: Rising to Excellence** is a leadership transformation program turning supervisors and managers into great leaders. This 14 hour curriculum is a deep dive journey into the tenants of excellent leadership and includes specific steps, techniques and tools necessary to encourage each attendee to become the change agent you need in your organization. Attendees will assess their communication skills, master new strategies, and become the conduit for sustainable success and your organization's growth.

To book a **Leadership Masterclass: Rising to Excellence** training for your organization, [Click Here](#)