

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



MAY

"THRIVE" WITH NATIONAL EAP

UPCOMING WEBINARS:

1 **Keeping Yourself Grounded: Mindfulness Meditation Session**

May is Mental Health Awareness Month. Join us on **May 18th at 12 pm EST** for an interactive workshop to learn about the benefits of mindfulness and meditation practices and how to calm your mind, body, and spirit. We will review practices to help you ground yourself in the present moment by paying attention to your thoughts, feelings, and bodily sensations while participating in guided meditations. Learn how to bring your attention back to the present whenever your mind starts to wander. If you find yourself struggling to manage your mental health and achieve a sense of calm in your life, or just need a break from your busy work day, this workshop is for you!

2 **Breaking the Stigma on Mental Health: Addressing Your Personal Wellness Needs So You Can Continue to Thrive**

Nearly 1 in 5 adults in the United States experiences mental illness at some point in their life, and since the COVID-19 pandemic, we have seen a rise in the number of adults who are reporting symptoms of depression, anxiety, and significant stress. Left unmanaged mental illness can have serious negative implications on your ability to live the life you want. But when we address our mental health needs, ask for help when we need it, and make ourselves a priority, we can thrive. Join National EAP on **May 22nd at 12 pm EST** for this special Performance Coaching workshop to learn about how you can break the stigma of Mental Health by taking care of your own needs and supporting those around you.

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



MAY IS MENTAL HEALTH AWARENESS MONTH

During the month of May, National EAP invites you to plan ahead and use this time to talk about the importance of Mental Health. This past year we have seen an increase in the need for counseling due to multiple factors, therefore, there is no better time to destigmatize seeking help.

We encourage you to celebrate Mental Health Awareness month year round by attending the many classes EAP offers, and encourage your employer to schedule a National EAP Orientation or one of our many wellness workshops we provide. Contact us to help plan your next Wellness event for this year.

Featured Mental Health Awareness Webinars:

- The Art of Self-Compassion: Implementing Kindness and Non-judgment With One's Self
- Mindfulness Meditation
- Cultivating Stress Management Skills
- Supporting Employees in Crisis (Leadership Session)
- EAP as a Management Tool: Recognizing and Resolving Work Performance Issues

To request wellness training, [Click here](#)



SPECIAL WEBINAR EVENT

COLLECTIVE TRAUMA: HOW TO SUPPORT YOUR TEENS WHILE TAKING CARE OF YOURSELF

This very special event hosted by National EAP will be held on Thursday, **May 13th at 10:30 am EST** and taught by mental health expert, Kristin Wilson, MA, LPC CCTP.

National EAP has invited Kristin to discuss the various mental health needs of parents and adolescents which have arisen during the pandemic, as well as signs and symptoms parents can look for to recognize when they should be seeking outside support for their children.

Kristin holds a Master's degree in psychology and Creative Arts Therapies, is a Certified Clinical Trauma Professional, and presents workshops that discuss the impact of trauma on the adolescent brain and reviews ways to use the creative arts to foster authentic connections with teens and build resilience in the face of collective trauma. Kristin is passionate about the integration of holistic care in the treatment milieu to address the myriad of stressors that today's teens face. She believes that higher levels of emotional resilience allow teens to more easily adapt to stressful situations or crises, with fewer negative effects.

To register for this event, [click here](#)

TRAINING SPOTLIGHT Diversity and Inclusion 101

This lively and interactive seminar allows participants to gain to develop their awareness about workplace diversity and the role they play in creating a culture of belonging. The National EAP Trainer will challenge participants to identify their unique role in contributing to a culturally inclusive work environment and teach strategies for positive interactions in the workplace.

Learning Objectives:

- Develop a better understanding of diversity in the workplace
- Understand equity, inclusion, and belonging in the workplace
- Recognize conscious and unconscious bias
- Identify participants personal role in creating a culturally inclusive work environment

To request a quote for Diversity and Inclusion Training, [Click Here](#)





eM LIFE IS NOW AVAILABLE AT NATIONAL EAP

National EAP is delighted to announce that it has expanded the scope of your EAP programming to include an **ALL NEW** wellness platform called eM Life.

eM Life is a virtual mindfulness tool to help you create healthier connections with yourself and others while building skills to manage stress, anxiety, improve focus and enhance your overall well-being.

Mindfulness as a frequent practice is a highly effective strategy to counteract the pandemic's impact on mental wellbeing and a key tool in managing the multiple demands placed on the working professional today. The eM Life program is another pathway to ensure you are professionally and personally thriving with National EAP!

When you enroll in eM Life, you will have 24/7 access from any device to:

- Live daily 14-minute mindfulness programs led by experts, multiple times a day
- Live monthly online programs led by experts covering everything from stress to weight balance
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose
- Game and meditation timer to help you build and sustain healthy habits
- Easy accessibility through the web or mobile app (iOS and Android)

There is a variety of content and programs on topics that can help you right now:

- Sleep
- Relationships
- Anxiety
- Gratitude
- Resilience
- Stress
- Depression
- Grief
- Financial Health
- Self-care

To register, [click here](#).

Once enrolled, we encourage all members to download the mobile app for eM Life to their mobile devices so that they can access their programming easily, wherever they are.

For a step by step guide to register on the web or download the mobile app for eM Life, [Click here](#)



**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
USERNAME: COMPANY NAME
PASSWORD: COMPANY NAME**