

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## AUGUST



Build your caregiving skill at work and home with your mindfulness benefit, eM Life.

Login or enroll in eM Life today.



## "THRIVE" WITH NATIONAL EAP

### UPCOMING WEBINARS:

#### 1 **Calm the Chaos: Restoring Balance in Your Life**

If you find yourself feeling like you've lost control of your life or you're in a constant state of chaos, join us in a discussion, **August 24th at 12 pm EDT** about restoring balance in your life and learn to calm the chaos. This interactive seminar will help bring balance back into all areas of your life. We will review strategies designed to help you achieve a better work/life balance and reach a sense of inner peace to help you take back control of your life.

#### 2 **Problem Solving: Be A Part of the Solution**

When it comes to problem-solving, you have a choice to make; you can either be a part of the solution or a part of the problem. Choosing to resolve an issue is a conscious choice that involves managing your mindset. Join us in this THRIVE performance coaching session on **August 26th at 12 pm EDT**, where we will be discussing the importance of solution-focused problem solving, the benefits of being a proactive troubleshooter, and practical strategies for addressing obstacles in the workplace.

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

## CAREGIVING FOR OTHERS DURING TIMES OF CHANGE

### NATIONAL EAP'S MINDFULNESS SOLUTION, EM LIFE CAN HELP YOU PROVIDE THE BEST QUALITY OF CAREGIVING AT WORK AND HOME

Building your caregiving skills is critical as employees return to the workplace and children return to school. Mindfulness can help you provide the best quality of caregiving at both work and home. eM Life's programs will help you be more present and cultivate greater confidence and clarity so you can create the best environment for your kids, families, co-workers, and yourself during times of change and uncertainty.

Here are some mindfulness programs to support caregiving for other during times of change:

#### Returning to School:

- Live: [How Parents and Kids Can Ace Returning to School With Mindfulness](#) - August 11, 4-5 pm EDT and August 19, 8-9 pm EDT
- [7 Days of Mindful Parenting](#)
- [Mindfully Return to School](#)

#### Returning to the Workplace:

- Live: [Return to the Workplace: Managing the Stress and Anxiety](#) - August 10, 12-12:30 pm EDT
- [Mindful Leadership](#)
- [Mindfully Managing Organizational Change](#)

National EAP's eM Life offers access to interactive, live and on-demand mindfulness programs led by expert teachers for everyday life. With every minute of mindfulness you practice, eM Life donates to the charity of your choice.

[Sign-up today](#) to building your caregiving skills as employees return to the workplace and children return to school.