

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## JULY



## "THRIVE" WITH NATIONAL EAP

### UPCOMING WEBINARS:

#### 1 Asking For Help: Be Fearless In Your Pursuits

Have you ever needed help but felt uncomfortable asking for it? Do you prefer to do things independently even when you could benefit from having the assistance of others? Asking for help can often be misconstrued as a weakness or can seem to pose a challenge to one's independence. However, asking for help is a strength. It takes courage to speak up and advocate when you need help. Join us on **July 20th at 12pm ET** for a discussion on overcoming barriers to asking for help, and learning how to be fearless in your pursuits!

#### 2 Mastering Time Management

Time management is an essential skill that can benefit everyone in many aspects of life. While it may seem that some people are naturally gifted in this area, do not be disheartened - time management is a skill that can be learned! Join National EAP on **July 22nd at 12pm ET** for this performance coaching session to learn how to manage your time effectively, identify time traps, and feel more accomplished!

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

## TEN TIPS FOR MENTAL WELL-BEING

BY MEGHAN BECK, LMSW

As we begin to transition into a safer environment in a vaccine available world, many of us may be experiencing a wide range of emotions. Some of us may be feeling burned out and concerned for what the future holds in our "new normal." During this transitional time, we must be diligent in restoring and maintaining our mental strength. If this pandemic has shown us anything, it is that life does not always go according to plan and we need to find the joy in the small things in life.

Review the tips below to stay mentally well:

- 1 Allow yourself to be fully present during moments of pleasure and joy.
- 2 Maintain healthy relationships with others – lean on your supports during times of distress.
- 3 Adjust your expectations – it is okay not to be happy all the time.
- 4 Acknowledge difficult feelings – learn to lean into the discomfort.
- 5 Respect your needs and work to understand your emotions
- 6 Practice healthy coping skills to manage difficult emotions.
- 7 Avoid fixating on what has gone wrong and instead, focus on how you have grown.
- 8 Learn how to reframe a situation more positively – find the silver lining in the face of adversity.
- 9 Practice gratitude – it invites joy into your life.
- 10 Indulge in the little things that make you happy and bring you joy.