

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## NOVEMBER

### eM LIFE: Upcoming November Live Program Events

#### Veteran's Day Event - November 29th

In honor of Veteran's Day we not only thank our active and inactive military employees but also encourage you to build mindfulness skills to help find or reconnect with purpose, peace and joy in civilian life. This program is designed and delivered by veterans for veterans, and allows you to join others that have military backgrounds to build a valuable community of support. [Register for Journey Forward: The M.M.A.P for Success](#) to support your well-being this Veteran's Day ahead of the **November 29th** start date.

#### QuitSmart Mindfully Program

The Great American Smokeout day on **November 18th** presents a great opportunity to take a step towards breaking tobacco addiction. If you are ready to leave your addiction behind, join eM Life's QuitSmart Mindfully program to help you cultivate effective mindfulness skills to quit tobacco. Over 40% of participants successfully overcome nicotine dependency within six months of joining the program. [Register for QuitSmart Mindfully](#) to start your tobacco-free journey before the December 6th start date.

#### Incase You Missed It: eM Life Participants Celebrate World Mental Health Day

eMindful gathered eM Life participants and friends for a global mindfulness event on World Mental Health Day this past **Sunday, Oct. 10**. In these sessions, we practiced mindfulness and reviewed the pillars of good mental health and strategies for self-care and self-compassion. For every minute of mindfulness practiced, we will match and donate those minutes to the charity [To Write Love On Her Arms](#). If you missed the event please [click here](#) to watch the recording.

## "THRIVE" WITH NATIONAL EAP

### UPCOMING WEBINARS:

#### 1 Keep On Keeping On: Coping with Caregiver Stress

November is National Family Caregiver Awareness Month. Caring for a loved one can be challenging, even for the most resilient people. Being there for a family member or friend in need can involve a shift in roles between you and your loved one, which can spark various emotions within you. You may find yourself feeling angry, frustrated, alone, or sad. These emotions are common and can make you, as the caregiver, vulnerable to changes in your health and wellbeing. Join us on **November 16th at 12pm ET**, for a seminar on how to identify signs of caregiver burnout and learn tips and tools to help you manage caregiver stress.

#### 2 Developing Accountability in Work and Life

Staying on top of tasks can be difficult and requires self-management and discipline. In order to self-manage, we must find ways to keep ourselves motivated and engaged. Join this performance coaching session on **November 18th at 12pm ET**, to learn how to strengthen personal accountability and improve productivity in work and in life.

To register for either of these webinars, [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](http://www.nationaleap.com)**

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## NATIONAL STRESS AWARENESS DAY

Life is full of daily stressors that can disrupt your day-to-day routine. Although this is something we all share, being too overwhelmed by stress can lead to mental health problems or worsen existing problems. National Stress Awareness Day, recognized on **November 3rd**, is an informative day about anxiety and teaching ways to manage, recognize and reduce stress in personal and professional lives. To maintain healthy well-being, we need to identify and deal with these stressors so we can be our best selves.

In honor of National Stress Awareness Day, National EAP is here to provide tips to help manage stress and stay balanced:

### 1. TIPS TO STAY BALANCED:

- Stay in the “here and now”.
- Stay in touch with your feelings (trust your gut).
- Recognize your limitations.
- Set boundaries (“NO” is a complete sentence)
- Use humor.
- Spend time with the people who are your support system.
- Use assertive communication.
- Lighten up (don't be so hard on yourself!).

### 2. ONE MINUTE TIME OUTS:

- Crumple a piece of paper into a ball and play basketball using your wastebasket.
- Make yourself laugh out loud. Think of something funny to get started.

- Close your eyes and picture ocean waves breaking on a beach. Try to ‘hear’ them or imagine a beautiful sunset.
- Drink a glass of water in exactly 30 sips.
- Munch on a candy bar or a piece of fruit in small bites.
- Close your eyes and visualize your greatest achievement.
- Make up your own ending to “Roses are red, violets are blue..”

### 3. QUICK HAND'S ON STRESS RELIEF:

- **The Scalp Soother:** Place thumbs behind your ears and spread fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.
- **The Eye Easer:** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for 5 seconds, then gently release.
- **The Shoulder Saver:** Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in towards your chest. Exhale and hold for 10 seconds. Then repeat on the left side.
- **The Palm Pleaser:** Lace your fingers together, leaving thumbs free. Slowly kneed your left thumb onto the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

### 4. ONE MINUTE CALMER

1. Lie down or sit upright and get comfortable.
2. Place your hands on your lower abdomen.
3. Exhale first.
4. Then breathe deeply, focusing on drawing your breath from your nose through your lungs down through your diaphragm (lower abdomen).
5. As you practice deep rhythmic breathing, you want to be aware of your breath slowly, calmly, like a cloud moving through the sky- effortlessly.

You will begin to notice that when you concentrate on your breath, you begin to let go of unneeded thoughts, habits and patterns that no longer serve you.

if you or an immediate household member is affected by overwhelming stress, please reach out to a National EAP counselor today at **800.624.259**.