

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



JANUARY



Login or enroll in eM Life to see first hand how mindfulness can help you live a happier and healthier life.



LET'S THRIVE THIS YEAR BY PARTICIPATING IN THE 1% CHALLENGE

Dedicating just 1% of your day to practicing mindfulness could change your life! It only takes 14 minutes a day to develop a consistent mindfulness practice and improve your mental and physical well-being by easing stress and anxiety. For every minute of mindfulness that you practice we double and donate it to a charity of your choice through The Connection. You even earn rewards while supporting yourself and your community!

If this sounds good to you, it's time to mark your calendar for eM Life's 1% Challenge coming up on **January 3rd, 2022.**

How it Works

- Join the challenge by practicing 14 minutes of mindfulness a day with a live or on-demand session via the eM Life web or mobile app
- Find a charity that aligns with your purpose to support through The Connection
- For every minute of mindfulness you practice, we will double it and donate it to your charity
- Earn awesome rewards for every 10, 20 or 30 days that you practice

Earn Rewards by Practicing Mindfulness Every Day

Take 14 minutes each day to practice mindfulness and win rewards such as:

- **Day 10** - 2022 Mindful Daily Practice Guide - A workbook that gives participants additional practice tips.
- **Day 20** - Spa Space Gift - Self care items, such as quality lotions and body oils.
- **Day 30** - 1:1 Mindful Mentoring Session + 14 Trees Planted in Your Honor - Participants will have a chance to interact directly with one of the expert teachers.

Get Ready Today!

If you have an eM Life account, just mark your calendar for **January 3rd.**

Don't have an account yet? Create an eM Life account to participate in the 1% Challenge on, Monday, January 3rd, 2022.

Connect with your purpose this new year! Do good for you and your community by practicing mindfulness.



We Are Always Here For You

Call or log on to get started.
TOLL-FREE: 1-800-624-2593
WEBSITE: www.nationaleap.com

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REFRAMING YOUR WAY THROUGH 2022

Starting the year in the right mindset

Want to start the new year off right? National EAP is here to help you use positive reframing strategies to guide your way through 2022. Studies show that there are two main types of mindsets: fixed mindset and growth mindset. A growth mindset is a belief that we can develop our talents even further. We can "grow" our abilities through hard work, a willingness to learn and an openness to feedback.

The flip side of the coin is a fixed mindset. An individual with a fixed mindset says, "My talents are what they are—I'm very strong in this area, not so strong in that area, and that's the way it is." The fixed mindset is less open to learning and more resistant to feedback.

So, what can you do to strengthen your growth mindset and silence your fixed mindset?:

- 1. Welcome feedback, criticism and suggestions for improvement:** Nobody loves being criticized, however criticism can be useful and help us build a new path forward to our ultimate goals. Learn to be open to feedback and look at it as suggestions towards improvement.
- 2. Look for opportunities, not roadblocks:** A co-worker got the promotion you wanted? You can choose to see that as an obstacle to your own success or choose instead to learn from that co-worker. How did they get there? Can you do that, too? Stay open-minded to new ways of doing familiar jobs.
- 3. Build a support network:** Find the people in your life that help motivate and support your wellness goals. Those friends can remind you: There are opportunities inside every disappointment.

By logging into your [EAP member website](#), you can join us on **January 18th** for an open seminar to learn other strategies you can use to help make 2022 the best year yet!



10 STEPS TO CONFLICT RESOLUTION

When faced with unavoidable conflict, many individuals are unsure how to manage these interactions. Conflict is a sign of a need for change, an opportunity for growth, new understanding, and improved communication. Conflict cannot be resolved unless it is addressed with the appropriate individual(s).

Use these steps to help you next time you are faced with an uncomfortable conflict:

1. Find Ok-ness within yourself
2. Recognize Conflicts
3. Select an Appropriate Time and Place to Discuss the Issues
4. Treat Each Other with Respect
5. Listen Carefully
6. Develop Understanding
7. Verbalize the Conflict Issues
8. Identify Your Share of the Problem
9. Recognize and Identify Optimal Solutions
10. Choose a Mutually Acceptable Solution

Looking for more information about Conflict Resolution? Reach out to a National EAP Counselor today, **800-624-2593** or info@nationaleap.com