

NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



JUNE

TIME MANAGEMENT FOR LEADERS: GOING BEYOND THE PERFECT SCHEDULE

"THRIVE" with National EAP

For leaders, juggling the multiple day-to-day responsibilities can be overwhelming, leaving you to feel like there are not enough hours in the day. When it comes to being an effective leader, time management is essential. The most significant challenge leaders often face is knowing how to manage their day-to-day while showing up for their team. But have no fear; National EAP is here to help!

To help you better manage your time while keeping your team engaged, join us on **June 15th at 12pm ET** for a special THRIVE Workshop for Leaders and learn strategies to help you control the day instead of the day controlling you!

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



PRIDE AWARENESS WEBINAR EVENT

Available on demand start June 1st on your member website.

June is Pride Awareness month, and we encourage all members to celebrate and recognize the positive contribution the LGBTQ+ community has in our society.

Starting on **June 1st**, through your member website, members will have access to our on demand Pride Awareness month webinar. In this hour long session, members will learn about the importance of promoting self-affirmation and equality, while increasing the visibility of LGBTQ+ people. This is a great webinar for those who wish to be a strong ally.

To log into your member website, [Click here](#)

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EMBRACE YOUR SPACE IN LIFE WITH EM LIFE

eM Life On- Demand Programs



Practicing Mindfulness teaches us non-judgmental awareness, so we can be kinder to ourselves. It allows us to foster a much deeper connection to how we are feeling physically, mentally, and emotionally. Sometimes it's easier to feel compassionate towards others than to offer ourselves that same gentleness, understanding, and empathy. Practicing self-compassion and treating yourself as you would a good friend has numerous benefits for your health, happiness, and well-being.

When you sign up for eM Life you get 24/7 access on any device to:

- Live 14-minute mindfulness classes led by experts multiple times a day
- Live programs covering everything from managing anxiety to weight balance
- Hundreds of hours of on-demand content you can watch on your own time
- Access to expert-led communities to gain support and connect to your purpose
- Game and meditation timer to help build and maintain healthy habits
- Guided mindfulness sessions offered in multiple languages

Explore these on-demand programs to offer yourself some self-love with mindfulness:

- [7 Days of Loving Yourself](#)
- [7 Days of Flourishing and Joy](#)
- [7 Days of Embracing Diversity](#)
- [The Power of Awareness - Freedom Through Self-Compassion](#)

With every minute of mindfulness you practice, we donate a minute to your charity of choice. Do good for you and others too by [signing up for eM Life](#).

JUNE IS MEN'S HEALTH MONTH

June is Men's Health Month and it's important to encourage men and their families to practice and implement healthy lifestyle decisions, such as exercising, eating well, and scheduling regular check ups.

As a member of National EAP, we offer access to a library of resources on Men's Health through our member website under the Wellness Tab.

- Resources Include:
- Frequently Asked Questions
- Articles
- Online Seminars
- Audio Clips
- Medical Procedure Information

To log into your member website, [Click here](#)

We Are Always Here For You

Call or log on to get started

TOLL-FREE: 1-800-624-2593

WEBSITE: www.nationaleap.com