

# NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



## SEPTEMBER AN INSIDE LOOK AT YOUR ONLINE EAP SERVICES

### THRIVE WEBINAR EVENT

Did you know National EAP offers a wide variety of free self-service supports online? Members who are looking for additional resources can log on to our website and find articles, tip sheets, live meditation classes and more!

Join us on **September 14th at 12pm EDT** for a special THRIVE Workshop where we will highlight online services offered through National EAP including our exclusive Member Website and our online meditation and mindfulness platform, eM Life. These services are available to all National EAP clients and their immediate household members.

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

## NEAP BOOK CLUB RECOMMENDATION

### WHO MOVED MY CHEESE BY DR. SPENCER JOHNSON

Looking for a self-help/professional development book recommendation? National EAP has your back. This month we recommend the book, *Who Moved My Cheese?* by Dr. Spencer Johnson.

Due to the pandemic, employees have had to make changes from their daily routine, causing many to feel stressed and anxious. Through learning how to adapt quickly and successfully to changing situations, *Who Moved My Cheese?* explores how people and businesses can adapt to changing circumstances.

For more information, [Click Here](#)

## SUICIDE PREVENTION MONTH: CREATING HOPE THROUGH ACTION

### EAP WEBSITE WEBINAR EVENT:

All of us can play a role in removing the stigma and lack of awareness around suicide, as these remain significant barriers to help-seeking behaviors. Providing support with compassion and empathy can go a long way in supporting anyone around us, be it our colleagues, friends, partner, family members, and even our neighbors who may be thinking of suicide.

Starting on **September 10th**, through your EAP member website, you will have access to this on demand webinar event. Through this session you will learn ways to identify and support people who are at risk. Together, we can prevent suicide.

### Participants will also benefit by:

- Knowing how to be a mental health ally and talk safely about suicide
- Creating protective environments
- Knowing how to promote connectedness through activities and events

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

**National EAP is a safe space  
for all.**

**We're here when you need us.**

**TOLL-FREE: 1-800-624-2593**

**WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)**

# NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



## CONQUER WORKPLACE STRESS WITH MINDFULNESS

No matter what your job is, with so many waking hours spent at work you are bound to face stressors. Mindfulness practice is a simple but effective way to relieve stress in the workplace, and learn techniques to respond to stress skillfully in your daily life.

Here are just a few benefits of mindfulness that help us be our best selves at work:

- Reduced stress with decreased cortisol (the stress hormone) in the body
- Improved resilience skills to manage stressors
- Heightened emotional intelligence for better collaboration
- Increased creativity and focus

Check out these on-demand programs to alleviate your workplace stress:

- [7 Days of Managing Workplace Stress](#)
- [7 Days of Happiness in the Workplace](#)
- [Mindfully Managing Organizational Change](#)

**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

**Beat Stress and Boost Productivity with eM Life**

Stress less and perform better at work by developing a consistent mindfulness practice.

[Sign up for eM Life to get started today!](#)

## eM LIFE'S MINDFULNESS TIP OF THE MONTH

Calm feelings of stress and anxiety with box breathing:

1. Take a slow, deep breath in through your nose while slowly counting to four.
2. Pause and hold the inhalation for four seconds.
3. Slowly exhale through your mouth for four seconds.
4. Pause at the end of your exhale for a count of four.

Repeat these steps for a few cycles and you should feel your energy shift as you re-center. You can find this short guided practice with [eM Life on-demand here](#)