

# NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



## NOVEMBER



### THE BASICS OF MINDFUL EATING with eM LIFE

#### THRIVE WEBINAR EVENT

Have you ever felt the urge to snack when stressed? Or had a craving for something sweet when experiencing a low mood? Asking yourself these questions is mindfulness in action.

For this month's THRIVE webinar event, National EAP's Mindfulness partner, eM Life, will conduct this special workshop on **November 15th at 12pm EDT**, for an interactive discussion where you will learn mindful eating skills to gain awareness of the connection between your emotions and your habits, so you can make healthy choices that will improve your health and well-being.

For event Zoom instruction info, [Click here](#)

### NEAP BOOK CLUB RECOMMENDATION

#### ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES BY JAMES CLEAR

Looking for a self-help/professional development book recommendation? This month we recommend the book, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear.

Were you ever disappointed by your own poor work or life habits? Perhaps you struggle with procrastinating or have an issue with time management. James Clear uses science to show that the problem isn't necessarily you, but the systems you put in place.

*Atomic Habits* will reshape your mindset regarding progress and success and give you the tools and strategies you need to transform your life.

For more information, [Click Here](#)

### AVOIDING HOLIDAY SHOPPING FRAUD

#### WEBINAR EVENT

Huge sales, must-have gifts, and rushing for last minute items. We're often so focused on activities of the holiday season, that we can easily be distracted from financial and identity exposure.

On **November 9th at both 12 pm EDT and 3pm EDT**, we will be discussing fraudster targeted information, common fraudster tactics, best safety practices, and next step actions when victimized.

To register for the 12pm EDT session, [Click Here](#)

To register for the 3pm EDT session, [Click Here](#)

# NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



## REGISTER TODAY FOR eM LIFE'S MINDFUL DAILY PRACTICES

Strengthen your team with collective mindfulness practices. These are live, 14-minute Mindful Daily practices created to help your team build mindfulness skills for stress management. Sessions will be held at multiple times in multiple languages. Invite your team to these sessions by copying and pasting into calendar invitations.

### Monday, November 7, 2022

**Title:** Accept The Reality: Are you experiencing crisis fatigue?

**Time:** 10:00 AM, 12:00 PM, 3:00 PM EDT

**Description:** Join eM Life's live, 14-minute Mindful Daily to learn how you can nurture yourself in response to unrelenting stress. [Register here](#)

### Tuesday, November 8, 2022

**Title:** Build Positive Self-Talk: How could a clear mind help you weather the storms?

**Time:** 10:00 AM, 12:00 PM, 3:00 PM EDT

**Description:** Join eM Life's live, 14-minute Mindful Daily to practice sending compassion and kindness to yourself in times of challenge. [Register here.](#)

### Wednesday, November 9, 2022

**Title:** The Calm Observer: How could you better manage your reactions to (mini) catastrophes?

**Time:** 10:00 AM, 12:00 PM, 3:00 PM EDT

**Description:** Join eM Life's live, 14-minute Mindful Daily to learn how you can create distance from an automatic stress response and proceed calmly. [Register here](#)

### Thursday, November 10, 2022

**Title:** The State of Being & Doing: How could you benefit from being 'unbusy'?

**Time:** 10:00 AM, 12:00 PM, 3:00 PM EDT

**Description:** Join eM Life's live, 14-minute Mindful Daily to challenge compulsive busyness with awareness of breathing practices. [Register here](#)

### Friday, November 11, 2022

**Title:** Overcoming Stress Buildup: What helps you begin again after a stressful start?

**Time:** 10:00 AM, 12:00 PM, 3:00 PM EDT

**Description:** Join eM Life's live, 14-minute Mindful Daily to learn how to let go of what is not serving you and proceed with a fresh state of mind. [Register here](#)

Mindfulness practice is proven to reduce stress, improve mood and build resilience. Make a positive impact on your mental health and happiness today. [Sign up for eM Life!](#)

**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)**