

NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



OCTOBER

HAPPINESS: IS IT A JOURNEY OR A DESTINATION?

THRIVE WEBINAR EVENT

Throughout our daily lives, we feel a multitude of emotions, which rise and fall like a rollercoaster. For some, achieving and maintaining a sense of happiness is a greater struggle, which affects their wellbeing.

Join National EAP on **October 12th at 12pm EDT**, for an interactive discussion about how to better sustain ones happiness in life and with themselves. In this seminar we will discuss the following:

- Defining happiness
- Explore strategies to improve wellness and invite joy into your life.
- Discuss methods from positive psychology that can help you achieve a happy, fulfilling life.

To register for this event, [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

NEAP BOOK CLUB RECOMMENDATION

DARE TO LEAD BY BRENÉ BROWN

Looking for a self-help/professional development book recommendation? National EAP has your back. This month we recommend the book, *Dare to Lead* by Brené Brown.

For many companies, there are times when people hold back ideas, avoid hard conversations, and avoid risks, because of the fear of failure and shame. Rather than showing vulnerability at work, leaders and teams sabotage themselves, killing innovation and creativity.

Based on years of research and personal experience, Brené Brown talks about owning your fears, choosing courage over comfort and building an organizational culture based on bravery & vulnerability.

For more information, [Click Here](#)

NAVIGATING YOUR HOLIDAY

EAP WEBSITE WEBINAR EVENT

For some, the holidays are a time of joy and family gatherings, while for others, the holidays can cause stress and anxiety.

Starting October 18th, log on to your Member Portal to learn some effective ways to plan, organize, and make the most of your holiday.

To login to your member portal, [Click Here](#)

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MOVE YOUR BODY AND CALM YOUR MIND WITH MINDFULNESS

Our bodies have the power to influence our minds. That's why when we move our bodies we can feel our moods lift and our energy refresh. When we get caught up in the busyness of our daily lives it's easy to neglect the physical movement that we need to feel well.

If this resonates with you, mindfulness practice can help you create opportunities for movement in your life to strengthen the mind-body connection and improve your mental and physical well-being.

Experience the Joys of Motion with eM Life

Treat your body and mind to the benefits of being active with mindfulness practice. Sign up for eM Life to get started today!

Check out these on-demand programs to add movement and inner peace to your life:

- [Mindful Movement](#)
- [Chair Yoga](#)
- [Getting Active](#)
- [7 Days of Attaining Athletic Performance](#)

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](#).

eM LIFE'S MINDFULNESS TIP OF THE MONTH

Interested in practicing mindfulness, but not sure how to begin? Take a pause in your day for just a few minutes.

- Get into a comfortable seated position with a straight spine
- Shut your eyes if you feel comfortable doing so, or lower your gaze
- Take a slow, deep breath in through your nose and pause at the top of your inhalation for a few seconds
- Slowly release your breath through your mouth
- Pause at the bottom of your exhalation for a few seconds before repeating the cycle
- As best as you can, try to keep your focus on lengthening out your breaths
- Gently open your eyes after a few cycles and notice how you feel. Were you able to connect to a sense of calm presence, if only for a few moments?

Find eM Life's short on-demand mindfulness practices for everyday life [here](#).