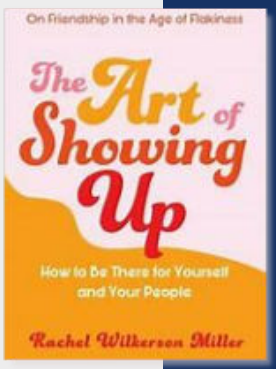
National EAP NEWSLETTER

June 2023

JUNE IS PRIDE MONTH!

NEAP BOOK CLUB RECOMMENTDATION



The Art of Showing Up: How to Be There for Yourself and Your People

by Rachel Wilkerson Miller

The book club recommendation this month is "The Art of Showing Up: How to Be There for Yourself and Your People" by Rachel Wilkerson Miller.

This novel is a comprehensive guide to cultivating deeper, more meaningful relationships with ourselves and those around us. It is a must-read for anyone who wants to learn how to show up for themselves and others in more authentic and intentional ways.

In the context of Pride Month, "The Art of Showing Up" is particularly relevant as it highlights the importance of showing up for marginalized communities. Miller acknowledges that showing up can be difficult and uncomfortable, but encourages readers to lean into discomfort in order to truly be there for others.

Overall, "The Art of Showing Up" is a valuable resource for anyone who wants to deepen their relationships and show up in more meaningful ways.

For More Information:
CLICK HERE

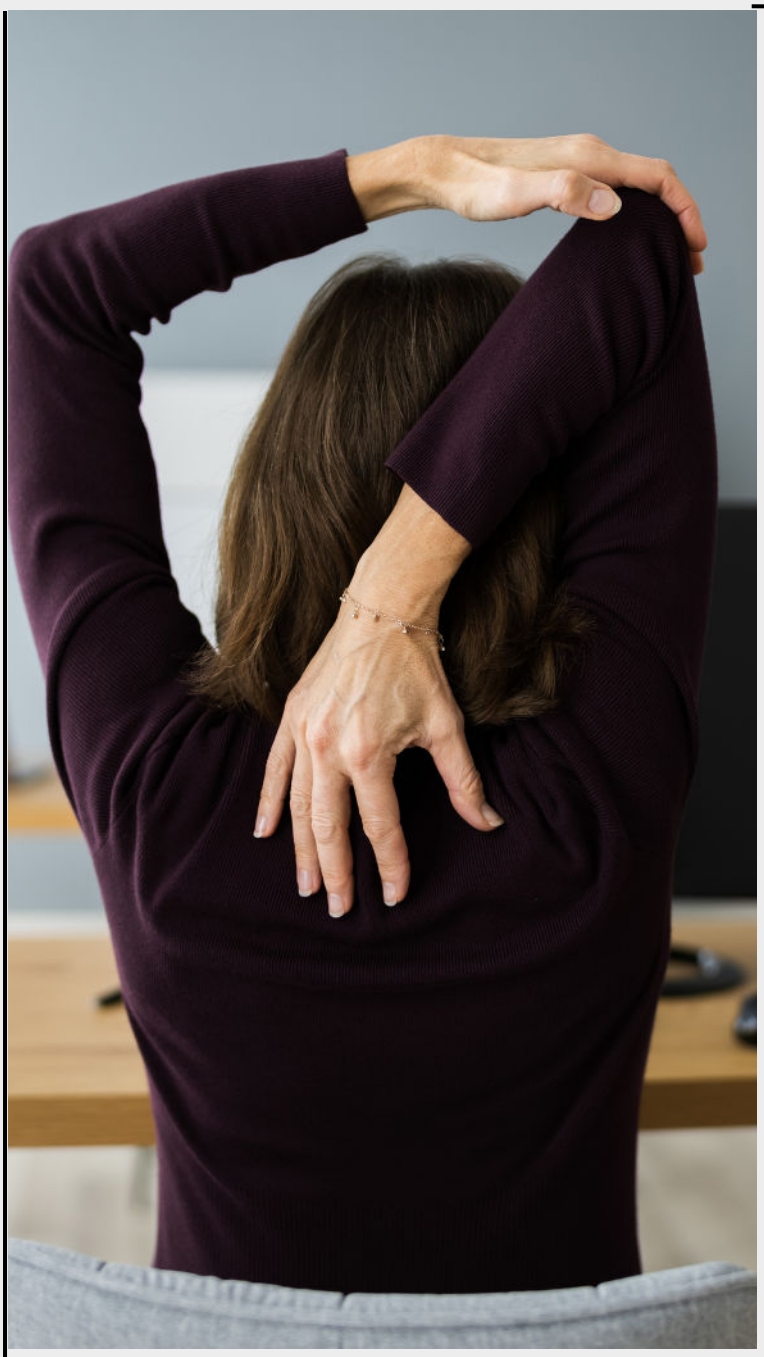
THRIVE with National EAP

WEBINAR EVENT
Emotionally Intelligent Communication

Understanding yourself, your emotions, and being able to manage these feelings is important for effective communication. By developing an understanding of our emotions, we can better pick up on social cues and the emotions of others, leading to healthier interpersonal communication and better relationship management.

Join National EAP on **June 14th at 12 pm EDT** for our THRIVE webinar to learn about the connection between emotional intelligence and communication skills. The goal is to leave this training feeling confident in your ability to engage in emotionally intelligent, clear, and meaningful conversations.

To Register
CLICK HERE



MOVE YOUR BODY TO CALM YOUR MIND WITH EM LIFE

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 your mind-body connection and improve your mental and physical wellbeing.

Treat your body and mind to the benefits of movement with mindfulness. **Sign up for eM Life to get started.**

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

- Live 14-minute mindfulness programs led by experts multiple times a day
- Live programs covering everything from managing anxiety to chronic conditions
- 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

Check out these on-demand programs to relieve mental and physical tension:

- Getting Active
- Mindful Movement
- Body Scan

JUNE PRIDE WEBINARS

Through your Member Portal and eM LIfe

PRIDE AWARENESS WEBINAR EVENT
POINT OF VIEW: KEEPING AN OPEN MIND

Available on demand starting June 20th on your member portal.

June is Pride Awareness month, and we encourage all members to log into your Member Portal starting **June 20th** to attend this thought-provoking event that aims to promote the importance of keeping an open mind about oneself and others, particularly during the upcoming June Pride Month.

The webinar will explore the concept of open-mindedness and how it can positively impact individual growth, relationships, and social connections.

To Login to your Member Portal: **CLICK HERE**

EMBRACE YOUR SPACE IN LIFE WITH EM LIFE

eM Life On- Demand Programs

By practicing mindfulness, we can develop non-judgmental awareness and cultivate kindness towards ourselves. This practice enables us to connect more deeply with our physical, mental, and emotional states.

While we may find it easy to feel compassion towards others, it can be challenging to extend the same level of gentleness, understanding, and empathy towards ourselves.

However, when we prioritize self-compassion and treat ourselves as we would a good friend, we experience numerous benefits for our overall health, happiness, and well-being.

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

RELATIONSHIPS & MONEY

ARE YOU EXPERIENCING FINANCIAL DIFFICULTIES THAT MAY BE IMPACTING YOUR RELATIONSHIPS?

Financial stress can cause strain in relationships with family, friends, and romantic partners, as it can lead to arguments, tension, and even separation.

At National EAP we can connect you with Money Coaches that can provide guidance on budgeting, debt management, and financial planning, as well as help individuals develop strategies for coping with the emotional stress of financial struggles. By addressing these issues and improving financial wellness, National EAP can help individuals improve their relationships and overall well-being.

Examples of how NEAP Can Help You

SELF REFERRAL

Bringing families under one roof can lead to many financial questions. A Money Coach can help you determine if combining finances is the right thing to do and how you might delegate responsibilities.

PARENTING

Learn about adjusting your budget to account for baby supplies, exploring college savings plans, assessing insurance coverage, and determining estate planning needs for your family.

MARRIAGE

Learn how your financial history affects your future. Come together as a team to discuss long-term goals and create an action plan so that money doesn't get in the way of a great relationship.

CARING FOR MULTIPLE GENERATIONS

Create an action plan for handling new responsibilities and balancing your financial goals with the financial needs of your kids, parents, and grandparents.

DIVORCE

Talk with a compassionate, nonjudgmental Money Coach about topics like handling joint assets, spousal and child support, updating beneficiaries, and establishing your own financial freedom.

SUPPORTING ADULT CHILDREN

After helping adult children financially, it can be difficult talking to them about building financial independence. Learn how to address your goals, define accountability, and share expenses.