

National EAP NEWSLETTER

May 2023

MAY IS MENTAL HEALTH AWARENESS MONTH

SPECIAL WEBINAR EVENT

Looking Around and Looking Within

Examining the Connection Between Your Environment and Your Mental Health

May is Mental Health Awareness Month. The spotlight this year is on “looking around and looking within.” The goal is to focus on our environments. Where we live, work, learn, play, and congregate to determine the impact our environments have on our overall mental health and wellbeing.

Join National EAP on **May 10th at 2pm EDT** for our special 30-minute Mental Health Awareness webinar where we will discuss strategies to cultivate an environment that feels comforting and supportive so you can establish and maintain positive mental health and wellness.

To Register
[CLICK HERE](#)



THRIVE with National EAP



WEBINAR EVENT

Email Etiquette Dos and Don'ts of Professional Emails

Have you ever received an email and found yourself confused over the intended message? Or perhaps you received an unorganized, confusing email with an aggressive undertone? Did you know the average office worker receives about 120 emails each day and sends about 40 emails per day for business purposes? Learning how to write effective, professional emails has become an essential skill for business communication.

Join National EAP on **May 17th at 12 pm EDT** for our THRIVE webinar to learn the basics of email etiquette and impress your colleagues with a well-crafted, organized, and professional email!

To Register
[CLICK HERE](#)





EASE STRESS AND IMPROVE YOUR MENTAL HEALTH WITH **EM LIFE**

Stress manifests itself in various ways in the mind and in the body. Racing thoughts, trouble sleeping, muscle tension and difficulty concentrating are just a few possible signs of anxious feelings. While it's normal to experience stress and anxiety, mindfulness practice can make it more manageable and provide relief.

Mindfulness is about connecting to the present moment, without judgement. Mindfulness allows us to redirect our minds from worrying about the future, or dwelling on the past, and treat ourselves with kindness in the here and now. With consistent practice, we learn how to respond to daily stressors more effectively so that we can cope with them better.

Mindfulness practice is proven to help reduce stress, ease anxiety, improve mood and build resilience. [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
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Check out these on-demand programs to learn how to alleviate workplace stress:



- [Mindfully Managing Stress Collection](#)
- [Mindfully Managing Anxiety Series](#)
- [7 Days of Relaxation Techniques](#)

DISCOVER THE POWER OF PAUSE

The mindful pause is a power move for nurturing your mental health.



Taking a pause in your day to check in with yourself helps you observe your mental and emotional states, create some distance from them, and make more thoughtful decisions that support your well-being.

Take a pause for your mental health with the **STOP** practice



STOP

What you're doing



TAKE

A breath



OBSERVE

What is happening;
body, emotions, and
mind



PROCEED

To what is most
important right now

eM Life's Power of Pause Special Webinar Event

May 9th, 2023 at 12 pm EDT

Mental health includes our emotional, psychological and social well-being and affects how we feel, think and interact with others. When all three are in balance, we can handle stress, foster positive relationships and make lifestyle choices that support our overall wellness. Strong mental health empowers us to thrive.

In this webinar hosted by our Mindfulness Platform, eM Life, you will learn to understand the impacts of stress on your physical and mental well-being, how to tap into the power of a pause to calm your body and create space for more mindful choices. You will also try out – and take home – three practices you can use anytime, anywhere to relax, re-focus, and renew.

To Register
[CLICK HERE](#)

