

NEAP NEWSLETTER

January 2023

*A Monthly Member Publication by
National EAP, Inc.*

NEAP BOOK CLUB RECOMMENDATION

The Power of Now by Eckhart Tolle

For this month's self-help/professional development book recommendation, National EAP has chosen *The Power of Now by Eckhart Tolle*.

The book's central message is that people's emotional problems are rooted in their identification with their minds. Tolle stresses the importance of living in the present moment instead of being preoccupied with past or future worries.

Additionally, the book explores relaxation and meditation methods to help readers focus on the "Now". These suggestions include slowing down by avoiding multi-tasking, spending time in nature, and letting go of worries about what hasn't happened yet.

For more information, [CLICK HERE](#)



THRIVE with National EAP

WEBINAR EVENT: LEGENDARY LISTENING: IS ANYONE LISTENING TO ME?

People might be hearing you, but are they truly listening? We have all encountered experiences where we are listening to someone, but we may not truly understand what they are saying. Being a legendary listener takes skill. Join us on **January 11th at 12pm EST** for our first webinar as part of our new and improved THRIVE webinar series in 2023.

This year, we will spotlight different communication skills each month. In our "Legendary Listening" webinar, we will discuss what it means to be an active listener and how to strengthen your listening skills at work and in life.

To register, [CLICK HERE](#)



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Set a resolution
to stress less and
feel better.

Join eM Life's 1% Challenge by
creating an account today.



Save the date for eM Life's 1% Challenge on January 3, 2023

It's time to start the new year strong—eM Life's 1% Challenge has officially begun. All you need to do is practice mindfulness for 1% of your day (that's less than 15 minutes!) for at least 10 days to boost your health and happiness, do social good, and get rewards along the way. Challenge accepted? Here's how to participate:

1. Join eM Life or login between January 3-31
2. Practice mindfulness for at least 10 days with any live or on-demand sessions
3. Get rewards when you reach 10, 20, or 30 days of practice

This Year's Awards:

- **Day 10** – 2023 Mindful Daily Practice Guide
- **Day 20** – Exclusive sleep and relaxation sounds
- **Day 30** – 1:1 Mindful mentoring session with an expert teacher

Small changes have big (and lasting) results. [Create your eM Life account here](#). Join eM Life's 1% Challenge today to develop new habits to help you stress less, sleep better and transform your health.

eM Life Mindfulness Tip of the Month

A simple way to soothe yourself is through supportive touch. Supportive touch activates the parasympathetic nervous system, signaling that we are safe and helping us invite a sense of calm when faced with heightened emotions. See how it feels to put your right hand on your belly and your left hand on your heart.

Allow yourself to be still for a few moments. Breathe deeply. Observe the natural rise and fall of your belly and chest beneath your hands as you breathe. Going further, you can try giving yourself a hug, or you may find that gently rocking yourself feels soothing.

Check out eM Life's 5-minute guided practice on-demand, [Self-Compassion SOS](#), to offer yourself comfort in times of challenge.



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HOUSING RESOURCES

Keeping a roof over you and your family's head can be a challenge. For those struggling, National EAP can help by providing you with housing resources, counseling services, and a robust Legal and Financial Center.

YOUR EMPLOYEE ASSISTANCE PROGRAM

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.



**Looking for housing resources?
Login to your Member Portal and click on
the "Living" tab on the tool bar.**

- ✓ **Availability of our consultants online and over the telephone, 24/7/365**
- ✓ **EAP Counseling and Referral Services**
- ✓ **Access to Housing Resources and articles on our Member Portal**
- ✓ **Legal and Financial Center Services for housing needs**

