

National EAP NEWSLETTER

August 2024

the power
of self-
discipline



NEAP BOOK CLUB RECOMMENDATION

The Power of Self-Discipline: 5-Minute Exercises to Build Self-Control, Good Habits, and Keep Going When You Want to Give Up

by Peter Hollins

In *The Power of Self-Discipline*, Peter Hollins offers a practical guide to building self-control and good habits through quick, impactful exercises. Perfect for busy individuals, this book provides five-minute exercises, such as journaling prompts and mindfulness practices, that are easy to incorporate into daily routines.

Key themes:

- **Self-Control:** Hollins explains how to strengthen self-control with mindfulness and cognitive techniques.
- **Habit Formation:** The book emphasizes the importance of consistency and introduces "micro-habits" for gradual improvement.
- **Perseverance:** Strategies for staying motivated and resilient, managing setbacks, and celebrating small victories are discussed.

For National EAP members, this book delivers credible, research-backed strategies to enhance both personal and professional life. Its brief exercises fit well into a busy schedule, helping build resilience and perseverance.

The Power of Self-Discipline is a valuable resource for anyone looking to improve self-control, establish good habits, and stay motivated. Invest five minutes a day, and you'll be on your way to a more disciplined and successful future.

For More Information:

[CLICK HERE](#)



THRIVE WEBINAR EVENT



Sleeping Soundly: Nurturing Better Sleep Habits

Do you find yourself tossing and turning, unable to get a good night's rest? Do you feel that lack of sleep is starting to take a toll on your overall wellbeing?

Join us on **August 14th at 12pm EST** to unlock your gateway to a well-rested and revitalized life by implementing practical strategies to transform your sleep habits. In this session, you will learn effective techniques to improve your sleep quality, understand the importance of sleep hygiene, and discover how to create a sleep-friendly environment. Don't miss this opportunity to take the first step towards better sleep and a healthier, more energetic you.

To Register
[CLICK HERE](#)



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TO WATCH ALL
PREVIOUS THRIVE
WEBINARS

COMMUNICATE MINDFULLY AND IMPROVE YOUR RELATIONSHIPS WITH OUR MINDFULNESS APP



CHECK OUT THESE ON-DEMAND PROGRAMS:

- [Mindful Communication](#)
- [Mindful Leadership](#)
- [1-3-5 Minute Mindful Meeting Moment](#)

How many times have you half-listened to a co-worker during a meeting or experienced the frustration of miscommunicating something at work? When we speak without clear intention, or don't fully listen, there can be a negative impact on both our productivity and relationships. Learning how to have meaningful interpersonal relationships through the way we talk, write and listen takes practice—and mindfulness helps.

Strengthen your relationships and become more effective with mindful communication skills. [Sign up for eM Life to get started.](#)

DON'T HAVE AN ACCOUNT? SIGN UP TODAY!

Mindfulness practice is proven to help reduce stress, ease anxiety, improve mood and build resilience. [Sign up to get started.](#)

WHEN YOU SIGN UP FOR OUR WELLNESS APP YOU HAVE ACCESS 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



CHILDCARE RESOURCES

SUPPORT IS THERE WHEN YOU NEED IT

National EAP is committed to supporting working parents with our comprehensive Childcare Resource Services. We understand the challenges of balancing work and family life, which is why we're dedicated to providing invaluable resources to assist you in finding quality childcare solutions.

Your employee assistance program can help with information and referrals to assist you in all areas of childcare and general family support.

Your Employee Assistance Program

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

National EAP also offers self-supports online via our Member Portal and our mindfulness app.

- **Community resources and assistance in your area such as camps, schools, tutors, recreational activities, and more**
- **An online, comprehensive library of articles and tip sheets on every aspect of raising children**
- **Referrals to local care providers to include family childcare, daycare centers, nannies, etc.**
- **Childcare Provider Locator on the NEAP Member Portal**

Looking for additional resource links?

[CLICK HERE](#) To log into your member portal using your Company Name as the Username and Password.



Need assistance? Call or email us today!

800-624-2593 info@nationaleap.com www.nationaleap.com