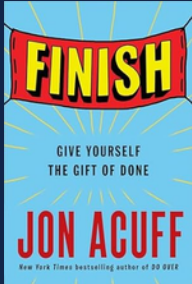


February 2025



## BOOK CLUB RECOMMENDATION:

*Finish: Give Yourself the Gift of Done* by Jon Acuff

If you've ever started a project with enthusiasm only to lose steam halfway through, Jon Acuff's *Finish: Give Yourself the Gift of Done* is the book for you. This practical and relatable guide helps you overcome perfectionism and achieve your goals by focusing on progress—not perfection.

Acuff reveals how self-defeating habits like setting unrealistic expectations or overcommitting can sabotage success. *His advice?* Cut your goals in half, embrace imperfection, and celebrate small wins.

### Takeaways You Can Use Today

- **Progress Over Perfection:** Start where you are and keep moving forward.
- **Smaller Goals, Bigger Wins:** Breaking goals into steps makes them easier to achieve.
- **Celebrate Your Success:** Acknowledge even the small wins—they matter!

This book is a reminder that finishing isn't about being perfect—it's about being kind to yourself, staying consistent, and making progress. If that sounds like something you need, [pick up a copy of \*Finish\* today!](#)

[Click Here or Scan to View on a Mobile Device >>](#)



**THRIVE WITH  
NATIONAL EAP**

## Setting Goals & Enhancing Productivity

From setting goals to improving time management and navigating workplace culture, our monthly THRIVE webinars provide the strategies you need to overcome life's challenges. This February and March, we're excited to offer two focused webinars designed to help you set effective goals and boost your productivity.

[View the 2025 THRIVE Webinar Calendar & Register Online >>](#)

**The February webinar will help you enhance your goal-setting abilities and develop habits that stick.** You'll explore effective goal-setting techniques, learn the 3 "Rs" of habit formation, and discover strategies to stay motivated throughout your journey.

**The March webinar is designed to enhance your time management skills for greater productivity at work and in life.** Learn effective techniques to manage your time efficiently, stay on top of tasks, and feel more accomplished.

### UPCOMING WEBINARS

**Tuesday, February 11 at 1:00 pm ET**

***Setting Goals that Stick***

[Register for the Feb 2025 webinar >>](#)

**Wednesday, March 12 at 12:00 pm ET**

***Boosting Productivity with Time Management***

[Register for the March 2025 webinar >>](#)

### Connect With Us On Social

Follow National EAP on LinkedIn and Instagram!

Stay updated on the latest news, resources, and insights related to your employee assistance programs.

Click the icons to follow us >>



# Member Benefits

## Unlock Your Potential with Member Portal Resources

### Discover the Power of Our Member Portal

Your go-to destination for growth and support is just a click away! Our Member Portal offers a wealth of resources to help you navigate challenges, achieve your goals, and thrive personally and professionally.

#### What's Inside?

- **Exclusive Resources:** Access guides, articles, and tools to support your mental health, career, and personal development.
- **On-Demand Seminars:** Learn at your own pace with recorded sessions covering topics like stress management, leadership, and effective communication.
- **Self-Assessments:** Participate in self-guided assessments to better understand your stress levels, communication style, or emotional well-being.

*Don't miss out—explore the Member Portal today and unlock tools designed to help you thrive!*

[Log Into Your National EAP Member Portal >>](#)

*Your username and password are your company's name*

### Upcoming On-Demand Online Seminars

#### Stride Forward

*Available on Demand February 18th*

Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.

[Access all Upcoming On-Demand Seminars](#)

#### International Women's Day

*Available on Demand March 8th*

Celebrate women and all their achievements, raise awareness of various topics and speak about factors affecting women in today's world.

#### Harmony in Motion

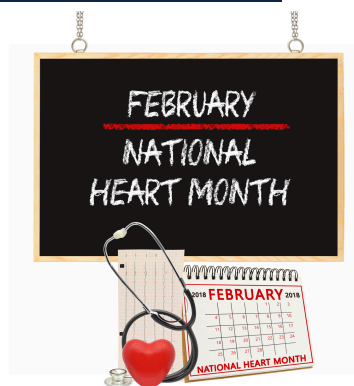
*Available on Demand March 18th*

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.



# American Heart Month: Tips for a Healthy Heart

**February is American Heart Month**, a time to raise awareness about heart health and the importance of protecting your cardiovascular well-being. Heart disease remains a leading cause of death, but many conditions are preventable with simple lifestyle changes. By focusing on heart health now, you can reduce your risk and enjoy a healthier future. While age and family history are uncontrollable, lifestyle factors like an unhealthy diet, lack of physical activity, smoking, and high stress can all increase your risk.



## Steps to Protect Your Heart

- **Eat Heart-Healthy:** Focus on fruits, vegetables, whole grains, and lean proteins. Limit processed foods, sugar, and unhealthy fats.
- **Get Active:** Aim for 150 minutes of moderate exercise per week to strengthen your heart and improve circulation.
- **Quit Smoking:** Smoking damages blood vessels and raises the risk of heart disease.
- **Manage Stress:** Try relaxation techniques like meditation or deep breathing to reduce stress.
- **Get Enough Sleep:** Aim for 7-9 hours per night to support your heart's health.

## Heart Health and Mental Well-being

Managing stress and taking care of your mental health is just as important as caring for your physical health. Prioritizing mental wellness through relaxation techniques and connecting with loved ones is essential to your heart's health. Making small, consistent changes to improve your diet, exercise routine, and stress management can have a powerful impact on your heart health.

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## Upcoming Webinar: Heart Health

**Thursday, February 13 at 12pm ET**

Join us for a special webinar with Kelly Springer, RD, MS, CDN, CEO & Owner Kelly's Choice to learn how your food choices are important factors in preventing and treating heart conditions. During this webinar you will learn about foods that may lower blood pressure and cholesterol and support a healthy heart.







# Exciting Enhancements in 2025

## Expanding Wellness Offerings to Include Food & Nutrition Health

Starting this month, we are excited to elevate our suite of wellness services to include food and nutrition health. In partnership with **Kelly's Choice**, a leading nutrition service, National EAP will provide access to nutritional referrals and seminars focused on nutrition wellness.

**KELLY'S CHOICE**  
DIETITIAN COMPANY

### **Kelly's Choice offers:**

- Expert guidance on healthy eating and lifestyle choices.
- Personalized meal planning and 1:1 medical nutrition therapy.
- Educational resources and wellness programs to support overall health.

As insurance coverage for nutrition services becomes more widely accessible, Kelly's Choice's nationwide team of expert dietitians provides personalized, unbiased support to help you manage health conditions, improve eating habits, or achieve wellness goals.

## Introducing Wysa: Your Personal AI Self-Help Wellness Platform

Launching in April, we are introducing Wysa, a cutting-edge AI-powered app designed to help you take control of your well-being. Rooted in Cognitive Behavioral Therapy (CBT), Wysa helps you build resilience and improve your mental health with a structured, clinically validated program.

wysa

### **With 24/7 access, Wysa offers:**

- A private, non-judgmental AI chatbot available anytime, anywhere
- Daily check-ins personalized to your goals
- A library of over 150 science-backed self-care tools
- Customized roadmaps to support your well-being journey

## **Upcoming Webinar: Nutrition Counseling and Referrals with Kelly's Choice** *Informational Session*

*Co-facilitated by Meghan Beck, LCSW, Director of EAP Operations from National EAP and Kelly Springer, RD, MS, CDN, CEO & Owner Kelly's Choice*

**[Register Today!](#)**

**Thursday, February 27 at 9:30 am EST**

**[Register Today!](#)**

**Tuesday, March 11 at 3:00 pm EST**