

# NEAP NEWSLETTER

March 2023



## NEAP BOOK CLUB RECOMMENDATION

Stop Workplace  
Drama by  
Marlene Chism

*Stop Workplace Drama* by Marlene Chism is a must-read for anyone looking to reduce the amount of drama in the workplace. The book provides readers with an in-depth look at how drama can affect productivity and morale, as well as practical tips on how to manage and prevent drama.

Chism also provides readers with techniques to help them become better communicators and leaders, so they can create a more positive work environment. With easy-to-understand advice and real-world examples, this book will help readers understand the importance of eliminating drama in the workplace and provide them with the tools to do so.

For more information  
[CLICK HERE](#)

## THRIVE with National EAP



### WEBINAR EVENT: ASSERTIVE COMMUNICATION: SPEAKING WITH CONFIDENCE

Have you ever walked away frustrated after a conversation because you felt like you weren't able to get your point across? Or perhaps you blurted out something that you now regret.

Join National EAP on **March 22nd at 12 pm EDT** for this special THRIVE webinar on assertive communication skills and learn how to communicate with confidence. We will discuss ways to communicate with conviction at work and in life.



To Register  
[CLICK HERE](#)



## Create mental space for quality sleep with eM Life

The key to having a good day is getting a restful night's sleep, but for many of us this is easier said than done. Stress, anxiety and overactive minds can keep us up at night and prevent us from getting the quality sleep we need.

If you are tired of being tired, mindfulness can help! Mindfulness is a powerful practice that quiets mental chatter and creates the mental space needed for sleep.

Put your mind at ease to improve your quality of sleep 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 heal your body and mind with better sleep:

- [Mindful Sleep Meditations](#)
- [7 Days of Sleep - Part 2](#)
- [7 Days of Sleep - Part 3](#)



With every minute of mindfulness you practice, we pay-it-forward to your charity of choice. Do good for you and others too by [signing up for eM Life today.](#)

# YOUR **WORK-LIFE** MEMBER WEBSITE



To help you make time for what matters most, your employee assistance program provides online access to a wide range of resources regarding the work and life topics of interest to you and your family—all available on one website.

Just log on with your company's username and password, and navigate through articles, links, interactive content, self searches, self assessments, and more.



- ✓ Regularly updated information and links
- ✓ Downloadable articles and tip sheets
- ✓ Self-search provider databases for summer camps, education resources, pet sitters, attorneys, financial advisors, volunteer opportunities, and more
- ✓ Legal & medical encyclopedias
- ✓ Access to Nolo Will Maker & Trust 2022 to create your estate plan
- ✓ Savings Center providing 25 to 70 percent discounts on name-brand merchandise
- ✓ Spanish-language content

Looking for resources?  
Login to your Member Portal using your  
company name as the username and  
password