

National EAP NEWSLETTER

October 2023

NEAP BOOK CLUB RECOMMENDATION

The Mountain Is You: Transforming Self- Sabotage Into Self-Mastery

by Brianna Wiest

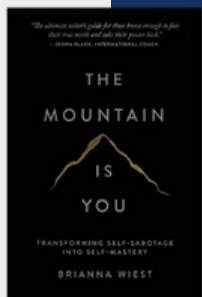
"The Mountain Is You" by Brianna Wiest is a profound guide to conquering self-sabotage and achieving self-mastery.

With compassion and insight, Wiest explores the complexities of human behavior, uncovering the roots of self-sabotage that block personal growth. Through relatable examples and practical exercises, she offers actionable advice for readers from all backgrounds to identify and overcome self-destructive patterns.

Wiest highlights self-compassion, urging readers to nurture self-acceptance and forgiveness. Rooted in psychological research and philosophical wisdom, her writing forges an authentic bond with readers, lending credibility to the book. "The Mountain Is You" isn't a shortcut but an inviting path to self-discovery, guided by Wiest's steadfast support.

In summary, "The Mountain Is You" by Brianna Wiest is a transformative guide, offering insights and exercises for personal growth and change.

For More Information:
[CLICK HERE](#)



THRIVE with National EAP



WEBINAR EVENT Communicating with Challenging People

In our daily lives, we navigate a diverse spectrum of personalities and temperaments as we interact with various individuals. Undoubtedly, some people prove to be more amiable and easier to connect with than others. It is in these more challenging encounters, such as those with "know-it-alls" and habitual complainers, where effective communication skills become invaluable.

Join National EAP on **October 18th**, for our special THRIVE webinar to discover strategies on how to successfully communicate with all types of people, even those who you may not see eye to eye with. Our speakers will share their expertise on handling challenging personalities, fostering productive conversations, and promoting better understanding in your personal and professional interactions.

To Register
[CLICK HERE](#)



[CLICK HERE](#)
TO WATCH ALL
PREVIOUS THRIVE
WEBINARS



BUILD RESILIENCE AND BOUNCE BACK FROM ADVERSITY WITH **eM LIFE**

Life is an intricate tapestry of highs and lows, an ever-changing landscape that shapes our existence. These fluctuations are an integral part of the human experience, each moment offering a unique opportunity for growth and self-discovery.

While we often seek external sources of support and encouragement during challenging times, there is an empowering notion: what if you could be your own beacon of light, guiding yourself through the darkest of moments? This journey towards self-reliance and inner strength begins with the cultivation of resilience.

Mindfulness practice gives us the tools to become more resilient, and respond to difficult experiences skillfully. [Sign up for eM Life \(free\) 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 start building resilience:

- [7 Days of Resilience](#)
- [Resilience Practices](#)
- [7 Days of Building Healthy Mental and Emotional Habits](#)

SPECIAL WEBINAR EVENT

WORLD MENTAL HEALTH DAY



World Mental Health Day serves as a crucial platform for increasing awareness surrounding the widespread impact of mental health challenges. It's worth noting that depression stands as the primary cause of global disability.

We invite you to join us on **October 10th** by logging into your member portal for an exclusive webinar event. During this event, we will equip you with valuable tools and techniques aimed at empowering individuals to proactively prioritize their mental well-being.

How your Member Portal Can Assist You

- ✓ Regularly updated information and links on all aspects of health and wellness
- ✓ Downloadable articles and tip sheets on healthy living
- ✓ 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

No Need to Register

Log into your Member Portal on **October 10th** to attend the event



[CLICK HERE](#) to login to your member portal

** Your UN/PW is your company name

OCTOBER IS INTIMATE PARTNER VIOLENCE PREVENTION MONTH



HOPE

NATIONAL EAP IS HERE FOR YOU.

If you or someone you know has been physically or sexually assaulted, know that you are not alone. These types of acts are a traumatic experience that can leave you feeling helpless, alone, and afraid.

However, there are resources available to help you cope with the aftermath of assault, and one of these resources is your Employee Assistance Program.

National EAP is a confidential, free service that provides you with support and assistance for a wide range of personal and work-related issues, including intimate partner violence. Here are some of the ways that National EAP can help if you've been sexually assaulted:

- Confidential Counseling Services
- Legal and Medical Referrals
- Pre-qualified referrals to therapists, specialists, and resources within your network
- Online Member Portal and Mindfulness Solution app called eM Life

Links to Articles that can Help:

[CDC Violence Protection](#)

[OWW Domestic Violence](#)

[Sexual Assault Fact Sheet](#)

[Take Back the Night | Action Against Sexual Violence](#)

[Rape, Abuse & Incest National Network](#)

[The Safe Center of Long Island](#)

Remember, you are not alone. If you have experienced physical or sexual assault, National EAP is here to help.

Contact us today to learn more about our confidential services and to schedule an appointment with a counselor.