

National EAP NEWSLETTER

July 2024



NEAP BOOK CLUB RECOMMENDATION

**You Owe You: Ignite Your Power,
Your Purpose, and Your Why**

by Dr. Eric Thomas

Eric Thomas, renowned motivational speaker and educator, delivers a powerful guide to self-discovery and personal empowerment in his book "You Owe You: Ignite Your Power, Your Purpose, and Your Why." This book is a must-read for anyone seeking to transform their life by tapping into their inner potential and finding their true purpose.

Thomas draws on his own compelling life story, from overcoming significant hardships to becoming a world-renowned motivational speaker. He offers practical advice, inspiring anecdotes, and actionable steps to help readers identify their unique strengths and passions. The core message is simple yet profound: you owe it to yourself to pursue your dreams and live a life of fulfillment and purpose.

With a blend of tough love and encouragement, Thomas challenges readers to take responsibility for their lives, overcome obstacles, and stay committed to their goals. His passionate and authentic voice makes "You Owe You" not just a motivational read but a blueprint for lasting personal transformation.

Whether you're at a crossroads in your career, struggling with self-doubt, or simply looking to reignite your drive, "You Owe You" offers the tools and inspiration needed to reclaim your power and live your best life.

For More Information:

[CLICK HERE](#)



THRIVE WEBINAR EVENT



Understanding Grief and Bereavement

Grief is a personal journey, yet it is experienced universally by all individuals. Grief can often feel isolating and overwhelming, making it crucial to find ways to connect with others who understand your pain. Whether you are mourning the loss of a loved one, a relationship, or any significant change in life, understanding and processing grief is essential for healing.

Join us on **July 17th at 12pm EST** for an informative webinar on grief and bereavement where we will discuss the five stages of grief and review coping strategies to help you navigate the complexities of grief and loss. Our expert speakers will share valuable insights and provide practical tools to support you on your path to recovery. Don't miss this opportunity to gain knowledge, find comfort, and connect with a community that truly understands what you're going through.

To Register

[CLICK HERE](#)



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TO WATCH ALL
PREVIOUS THRIVE
WEBINARS

www.nationaleap.com

800.624.2593

MOVE YOUR BODY TO CALM YOUR MIND WITH OUR MINDFULNESS APP



Our bodies have the power to influence our minds. That's why when we move our bodies we can feel our moods lift and our energy refresh. When we get caught up in the busyness of our daily lives it's easy to neglect the physical movement that we need to feel well. If this resonates with you, mindfulness practice can help you create opportunities for movement in your life to strengthen your mind-body connection and improve your mental and physical wellbeing.

Treat your body and mind to the benefits of movement with mindfulness. [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

CHECK OUT THESE ON-DEMAND PROGRAMS:

- [Getting Active](#)
- [Mindful Movement](#)
- [Body Scan](#)



Discover How National EAP Can Assist You

Did you know National EAP services aren't just for employees—they're for your entire household! We understand that issues at home can spill over into your work life, affecting productivity, focus, and overall well-being. National EAP is here to support you and your household to be the best version of yourself wither at home or in the office.

Rest assured, our services are confidential and easily accessible. Whether it's counseling sessions, legal advice, or financial planning, we're here to support you and your loved ones every step of the way.

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.

We can support you and your immediate household member with..

- Mental Health and Addiction Services
- Childcare and Eldercare Referrals and Resources
- Work Stress and Professional Development
- Grief and Bereavement
- Legal and Financial Needs – Free, 30-minute consultation with a qualified attorney or financial counselor
- Referrals to providers such as therapists, treatment programs, and psychiatrists within your insurance network

Looking for additional resource links?

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

