



BOOK CLUB RECOMMENDATION:
Essentialism: The Disciplined Pursuit of Less

In today's fast-paced world, it's easy to feel overwhelmed by endless responsibilities and distractions. But what if you could focus only on what truly matters—both at work and in life? That's the idea behind *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown.

Essentialism is about doing less, but better by identifying your priorities and eliminating distractions. Instead of trying to do everything, *Essentialism* encourages you to focus your time and energy on what truly adds value.

Here are some key principles of *Essentialism*:

- **Identify what's most important** and eliminate unnecessary distractions
- **Say "no" with confidence** so you can focus on high-impact tasks
- **Manage stress and avoid burnout** by prioritizing your well-being
- **Create better work-life balance** by making intentional choices

This book is a reminder that we don't have to do everything—just the things that truly matter. By focusing on what is essential and eliminating distractions, we can reduce stress, increase productivity, and create a more fulfilling work-life balance. If that sounds like something you need, [pick up a copy of *Essentialism: The Disciplined Pursuit of Less*](#).

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THRIVE WITH NATIONAL EAP

Boost Your Productivity & Workplace Culture!

Looking to enhance your skills and create a more positive work environment? Our upcoming THRIVE webinars are designed to help you manage your time more effectively and foster a culture of trust and collaboration.

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

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

The April webinar will explore strategies to build trust, enhance collaboration, and create an inclusive environment where everyone can thrive. Join us to learn how you can cultivate a culture of openness and belonging in your workplace.

UPCOMING WEBINARS

Wednesday, March 12 at 12:00 pm ET
Boosting Productivity with Time Management
[Register for the March 2025 webinar >>](#)

Thursday, April 10 at 1:00 pm ET
Leadership Spotlight:
Fostering Psychological Safety at Work
[Register for the April 2025 webinar >>](#)

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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.

Upcoming On-Demand Online 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.

Clutter to Clarity: Organizational Skills for Better Living

Available on Demand April 15th

Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.

[Log In to the Member Portal >>](#)

Your username and password are your company's name

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



Special Client & Member Webinar

NEW EAP Wellness Service: Food and Nutrition Education and Referral Services

Join us for an informative session about our collaboration with Kelly's Choice, a renowned leader in nutrition.

Learn about referrals to **medical nutrition counseling**, covered by most major insurances, with flexible self-pay options and the ability to use your HSA/FSA plans.



Session Co-Facilitator:
Meghan Beck, LCSW
Director of EAP Operations,
National EAP

LEARN ABOUT OUR NEW SERVICE

March 11th at 3:00 pm ET



Session Co-Facilitator:
Kelly Springer MS, RD, CDN
Founder/CEO, Kelly's Choice



KELLY'S CHOICE
DIETITIAN COMPANY

History

Women in History: Pioneers in Mental Health and Human Resilience

Throughout history, women have shaped the fields of psychology, mental health, and human connection in profound ways. **This month, we honor four trailblazers whose groundbreaking work continues to impact lives today.**

Dorothea Dix (1802–1887) – The Advocate for Compassionate Care

A relentless crusader for mental health reform, Dorothea Dix dedicated her life to improving conditions for individuals with mental illness. At a time when they were often imprisoned or mistreated, Dix championed humane care, leading to the establishment of psychiatric hospitals across the U.S. and beyond. Her advocacy laid the foundation for modern mental health treatment.



Marsha Linehan (b. 1943) – The Innovator of DBT

Psychologist and researcher Marsha Linehan revolutionized mental health treatment by developing Dialectical Behavior Therapy (DBT). Rooted in mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness, DBT has provided life-saving tools for individuals struggling with borderline personality disorder, self-harm, and emotional dysregulation.



Elisabeth Kübler-Ross (1926–2004) – The Voice of Grief and Healing

Elisabeth Kübler-Ross transformed the way we understand death and grief. Her groundbreaking book, *On Death and Dying*, introduced the Five Stages of Grief, offering a framework that has helped millions navigate loss. A pioneer in palliative care, she emphasized dignity, empathy, and the power of human connection in life's final moments.



Brené Brown (b. 1965) – The Courage to be Vulnerable

Through her research on vulnerability, courage, and shame, Brené Brown has reshaped how we approach leadership, relationships, and self-worth. With bestselling books and TED Talks that have inspired millions, Brown challenges us to embrace imperfection, lean into discomfort, and find strength in authenticity.



These women have left an indelible mark on history, reminding us that resilience, empathy, and courage have the power to transform lives. As we honor their contributions, may we continue to advocate for mental health, compassionate care, and human connection in our own ways.



Keep Moving: The Importance of Staying Active as Winter Turns to Spring

As winter winds down and we transition into spring, it's easy to feel sluggish after months of colder, darker days. However, **staying active is key to maintaining both physical and mental well-being**, especially as we shake off the winter blues. Regular movement boosts energy, improves mood, and enhances overall health—helping you step into the new season feeling strong and refreshed.

As the weather warms, take advantage of longer daylight hours by going for a walk, run, or bike ride to soak up the fresh air. **Movement isn't just about fitness—it's about recharging your mind and body for the season ahead.**

Top 5 Tips to Get Moving This Spring

- **Start Small & Build Up** – Ease into movement with short walks, light stretching, or gentle yoga. Consistency is key!
- **Take Advantage of Daylight** – Longer days mean more time for fresh air. Step outside for a walk during lunch or after work.
- **Find an Activity You Enjoy** – Whether it's dancing, biking, or an at-home workout, movement should feel good, not like a chore.
- **Set a Goal** – Whether it's 10,000 steps a day or a 5-minute stretch break, setting a target helps build momentum.
- **Stay Accountable** – Team up with a friend, use a fitness app, or schedule movement breaks into your day to stay on track.

Make movement a priority, whether through stress-relieving exercises, mindful movement, or simple daily habits. As we welcome spring, let's embrace an active mindset and take steps—big or small—toward a healthier, more energized version of ourselves.

Prioritize movement—not just for fitness, but for stress relief, balance, and overall well-being.

Join our exclusive member online seminar, **"Harmony in Motion"** on March 18th.

Learn how physical activity can be a key tool for mental health and discover strategies to incorporate exercise into daily life.

