

# National EAP NEWSLETTER

January 2024

## NEAP BOOK CLUB RECOMMENDATION

DON'T BELIEVE  
EVERYTHING  
YOU THINK



WHY YOUR THINKING IS THE  
BEGINNING & END OF SUFFERING

JOSEPH NGUYEN

### Don't Believe Everything You Think

by Joseph Nguyen

"Don't Believe Everything You Think" by Joseph Nguyen is a compelling exploration of the human mind's tendency to generate thoughts that aren't always accurate or beneficial.

Nguyen delves into the intricacies of cognitive biases, emotional reasoning, and the impact of our thoughts on our actions and well-being. Through practical insights and relatable examples, the book offers a roadmap for challenging and managing one's thoughts to navigate life more effectively.

He encourages a critical examination of thoughts and beliefs, urging readers to question assumptions and consider alternative perspectives. The book provides actionable strategies to break free from cognitive traps, fostering a healthier mental framework built on mindfulness and self-awareness.

Overall, Joseph Nguyen's book is a valuable resource, offering practical wisdom that can significantly impact both personal and professional spheres. It's a recommended read for anyone seeking to unlock their potential by mastering the art of managing their thoughts.

For More Information:

[CLICK HERE](#)



## WEBINAR EVENT



### THRIVE WITH NATIONAL EAP

#### Beyond The Label

#### Dismantling Mental Health Stigma

Stigma refers to the negative beliefs, attitudes, and stereotypes associated with a particular topic, person, or characteristic and can often lead to discrimination or unfair treatment. Stigma surrounding mental health and mental illness can deter people from accessing the help they need.

In a time where mental health concerns are on the rise, it is crucial to implement efforts to dismantle stigma. Join National EAP on **February 14th**, for an interactive discussion on how to break the stigma surrounding mental health.

To Register

[CLICK HERE](#)



[CLICK HERE](#)

TO WATCH ALL  
PREVIOUS THRIVE  
WEBINARS

# DEVELOP A COMPASSIONATE MINDSET AND IMPROVE YOUR WELLBEING WITH OUR MINDFULNESS SOLUTION



When we combine empathy with action we develop compassion. Compassion is an emotion that positively impacts our minds and bodies. Practicing compassion helps us relieve symptoms of depression and anxiety, foster feelings of happiness, and even improve immune system function.

Plus, seeing others and ourselves with a compassionate mindset helps us celebrate diversity, embrace inclusion and cultivate an authentic sense of belonging.

**DONT HAVE AN ACCOUNT? SIGN UP TODAY!**

Learn how to develop a compassionate mindset to improve your wellbeing and others' too. [Sign up to get started.](#)

**WHEN YOU SIGN UP FOR OUR WELLNESS SOLUTION 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 TO START DEVELOPING YOUR COMPASSIONATE MINDSET:**

- [Diversity and Inclusion Collection](#)
- [7 Days of Embracing Diversity](#)
- [Navigating Compassion Fatigue](#)

# MANAGING THE WINTER BLUES



## SUPPORTING YOUR WELL-BEING THROUGH THE WINTER SEASON

As the winter season settles in, it's common for many of us to experience a shift in mood and energy levels. National EAP is here to support you through this time by offering resources and strategies to help manage the "winter blues" and promote well-being.

Remember, you are not alone in facing the challenges of the winter season. Reach out to us today to explore the resources and assistance available to help you navigate through the winter blues.

### 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 platform.

## How National EAP can help:

**Counseling and Support:** Our experienced counselors offer confidential support through individual or group sessions. We provide a secure environment to talk about your feelings and create tailored coping strategies.

**Online Resources Access:** Visit your member portal or wellness solution, and search for "*Seasonal Depression*" to discover a wealth of articles, tip sheets, seminars, and additional resources.

## Additional Resources

1. **Light Therapy:** Consider investing in a light therapy box, which mimics natural sunlight and can help alleviate symptoms of Seasonal Depression by regulating your body's internal clock.
2. **Exercise and Nutrition:** Engage in regular physical activity and maintain a balanced diet rich in vitamins and nutrients, as these play a crucial role in mood regulation.
3. **Outdoor Time:** Spend time outdoors when possible, even during colder months. Natural light and fresh air can positively impact your mood and energy levels.

### Looking for more resources?

[CLICK HERE](#) Check out our online EAP services or give us a call to get started today!

