

# NATIONAL (EAP) NEWS

A Regular Member Publication by National EAP, Inc.



## MAY

### OVERCOMING MENTAL HEALTH STIGMA: ROADMAP FOR SUCCESS ON YOUR MENTAL HEALTH JOURNEY

#### "THRIVE" with National EAP

1 in 5 adults in the US experiences a mental illness at some point in their adult life, yet many people still struggle to ask for help or feel ashamed because of their mental illness. During this Mental Health Awareness Month, National EAP, Inc. wants to ensure you have a safe and confidential space for navigating mental health care.

Join this special THRIVE session on **May 11th at 12pm ET** to learn the signs and symptoms of common mental health issues, where/how to seek confidential help, and strategies to begin better managing your mental health.

To register for this event, [Click here](#)

\*\* All attendance to National EAP THRIVE and Special Event Webinars are confidential



### SPECIAL WEBINAR EVENT: ENHANCING MENTAL HEALTH DURING UNCERTAIN TIMES

#### Guest Speaker: Ann Morrison, Long Island Area Director at American Foundation for Suicide Prevention

National EAP is hosting a special webinar event called *Enhancing Mental Health During Uncertain Times*, with guest speaker Ann Morrison from American Foundation for Suicide Prevention on **May 18th at 12pm ET** in honor of Mental Health Awareness Month.

This session provides a personalized introduction to American Foundation for Suicide Prevention as an organization, chapter impact on the community, ways to focus on protecting our mental health, practical self-care tips, and helpful resources.

\*\* Appropriate for general audiences and for participants age 15 and up.

To register for this event, [Click here](#)

# NATIONAL (EAP) NEWS

A Regular Member Publication by National EAP, Inc.



## STOP THE STIGMA. SUPPORT YOUR MENTAL HEALTH

### eM Life On- Demand Programs



Mental health **IS** health. Taking care of your mental health is just as important to your overall well-being as taking care of your physical health. Whether you feel like you're surviving, thriving, or somewhere in between – mindfulness can help.

### Check In On Your Mental Health with the STOP Practice

S.T.O.P. is a mindfulness practice that you can apply anytime throughout your day.

- **Stop.** Whatever you're doing – take a pause, even momentarily.
- **Take a breath.** Your breath is your anchor to the present moment.
- **Observe.** Notice what's happening around you and bring your attention inward to also notice what's happening inside you – where is your mind going and what feelings or physical sensations are surfacing?
- **Proceed.** You can choose to either continue what you're doing or change course depending on what came up for you during the check-in.

### Check In On Your Mental Health with the STOP Practice

Mindfulness practice is proven to reduce stress, improve mood and build resilience. Make a positive impact on your mental health and happiness today. [Sign up for eM Life!](#)

When you sign up for eM Life you get 24/7 access on any device to:

- Live 14-minute mindfulness classes led by experts multiple times a day
- Live programs covering everything from managing anxiety to weight balance
- 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
- Game and meditation timer to help build and maintain healthy habits
- Guided mindfulness sessions offered in multiple languages

### Check out these on-demand programs to enhance your mental wellness:

- [7 Days of Living with Ease](#)
- [7 Days of Building Healthy Mental and Emotional Habits](#)
- [7 Days of Asking for Help](#)

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

## We Are Always Here For You

Call or log on to get started.  
TOLL-FREE: 1-800-624-2593  
WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)