

NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



AUGUST THRIVE WEBINAR EVENT: LET'S HEAL TOGETHER

An Exclusive "Ask a Therapist" Session Hosted by National EAP

Join National EAP on **August 16th at 12:30pm EDT** for a special "Ask a Therapist" session hosted by Erin McKown, LMSW, Director of Corporate Development and Training and EAP Supervisor, Meghan Beck, LCSW. The therapists will create a safe, confidential space for employees to process reactions to recent crises and discuss mental wellbeing. You will have the opportunity to ask questions via the chat feature during this live, interactive discussion. Please note that any participation is optional.

Erin and Meghan will provide education to attendees on coping skills, mental wellbeing, and will review resources available to help them during these challenging times. This a special opportunity to better understand your feelings, learn healthy ways to cope, and take the next step forward in your path to mental wellness. The goal is to come together and learn from one another so we can heal together. We hope to see you there!

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

**National EAP is a safe space
for all.**

We're here when you need us.

TOLL-FREE: 1-800-624-2593

WEBSITE: www.nationaleap.com

SELF-CARE: BETTER CARE OF YOURSELF WEBINAR

**Available on demand starting August
16th on your member website.**

When life feels chaotic, it is important to remember to practice self-care at least once daily. The proven benefits of engaging in a self-care routine are reducing anxiety and stress, improving concentration, minimizing frustration, increasing happiness, improving energy, and more.

Starting on **August 16th**, through your EAP member website, you will have access to our on demand monthly webinar. In this session, you will learn techniques for incorporating self-care into your daily routine and learn the art of slowing down.

To log into your member website, [Click here](#)



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Add mindfulness to your parenting skillset to parent with more patience, kindness and understanding.

Start today by signing up for eM Life.



MAKE THE MOST OF THE MOMENTS WITH MINDFUL PARENTING

Mindfulness is about connecting to the present moment, without judgement. When we apply mindfulness to parenting, we focus our attention on experiencing what is happening right now, letting go of the distractions of future worries or emotions from the past.

There are many benefits to parenting mindfully, such as developing an increased awareness of your own feelings as well as your child's needs, improving your ability to regulate your own emotions (and modelling this behavior), as well as becoming more attentive to your children.

Check out these on-demand mindful parenting programs:

- [7 Days of Mindful Parenting](#)
- [7 Days of Mindful Parenting – Part 2](#)
- [7 Days of Mindful Caregiving](#)

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

Develop a Mindful Parenting Approach with eM Life

Bring mindfulness home to enhance parenthood with a little more patience, understanding and kindness. [Sign up for eM Life!](#)

eM LIFE'S MINDFULNESS TIP OF THE MONTH

Family dynamics can sometimes be chaotic, so it helps to give yourself permission to step back and take a quick break to ground yourself. Simply taking a few moments to yourself for deep breathing calms the nervous system. It's also a great way of modeling the behavior of responding thoughtfully rather than reacting to your children.

Try this short practice next time you feel overwhelmed: Quick Relief - [My Patience Is Done and I Might Explode.](#)