

# NATIONAL (EAP) NEWS

A Monthly Member Publication by National EAP, Inc.



## JULY

### THRIVE WEBINAR EVENT: THE EMOTION OCEAN WITH eM LIFE'S JIM AUSTIN

Every day, we experience different waves of emotions as we process what is happening in the world around us. Some days we experience difficult reactions to situations that make it harder to formulate wise choices. By learning how to manage our feelings wisely, we can better grasp how to live a more balanced and fulfilling life.

For this month's THRIVE webinar event, National EAP's Mindfulness partner, eM Life, will conduct this special workshop on **July 14th at 12pm EDT**. Participants will explore how self-control and mindfulness can help us through complex or intense emotions, thoughts, and physical sensations.

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



## JULY IS SOCIAL WELLNESS MONTH

July is Social Wellness Month, and this summer is a great time to break out of your fixed routine and seek to meet new people. The ability to bond with others and build satisfying relationships is central to your social wellbeing.

Why is this so important? When you meet new people, you are more likely to develop new hobbies and go on journeys that you never thought you would be a part of. Additionally, social relationships have a long-standing influence on our health.

### How to Celebrate Social Wellness Month

#### 1 Plan a group activity

Go sailing, running, bowling, or any other activity you like to do with friends. The point is to be surrounded by people and simply have a good time.

#### 2 Make a new friend

To build a network, you must make a new friend. This may seem tough but it really isn't as hard as it sounds. You can easily interact with people at a gym, a coffee shop, a bookstore, etc.

#### 3 Volunteer

Celebrate the month by volunteering at a retirement home, a food pantry, or any other place where you will get a chance to interact with new people.

Have social anxiety? Our EAP counselors can help you build the confidence you need to push through your apprehension.

**VIA PHONE:** For immediate EAP consultation  
800-624-2593

**ONLINE:** visit [www.nationaleap.com](http://www.nationaleap.com)

**VIA CHAT:** chat or email us at [info@nationaleap.com](mailto:info@nationaleap.com)

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## UNPLUGGED: DIGITAL DETOXING

**Available on demand starting July 19th on your member website.**

In today's society, being connected to your phone or some sort of technology feels essential for day to day living. However, sometimes we need to disconnect in order to reconnect to our surroundings.

Starting on **July 19th**, through your EAP member website, you will have access to our on demand monthly webinar. In this session, you will learn about the reasons why digital detoxes are critical, and learn practical steps on how to start incorporating it into your schedule.

To log into your member website, [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](http://www.nationaleap.com)**

## eM LIFE SUMMER ON DEMAND PROGRAMS

This summer, make it a priority to spend time focusing on yourself and practicing mindfulness with eM Life's Summer On Demand Programs.

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

**Mindfulness-Based Cognitive Training**  
**Monday/Thursday, 7/11-9/01/22 from 2-3 pm Eastern Time**

When we are presented with difficult situations or have difficult thoughts, these can spiral into a dark cloud impacting our everyday life. Mindfulness-Based Cognitive Training (MBCT) is a live, 16-session mindfulness training workshop with a 4-hour retreat taught by an expert. The program, which is based on cognitive behavioral therapy principles, has been proven to help you build skills to cultivate positive feelings, thoughts, and behaviors to help prevent depression or a relapse of depression.

**Skills to Thrive in Anxious Times**  
**Wednesday, 7/13-9/14/22 from 1-2 pm Eastern Time**

Change and uncertainty contribute to added stress and anxiety for many. With Skills to Thrive in Anxious Times, the 60-minute, expert-led, interactive sessions will help you develop the skills to overcome the habitual patterns of thoughts and feelings that get in the way of your day-to-day success and fulfillment at work.

**Cultivating Compassion**  
**Monday, 7/18-8/01/22 from 3-345 pm Eastern Time**

It's natural to feel empathy and compassion for those who are struggling. What would it be like to receive the same caring attention when you need it most? Join this program and develop the skills of mindfulness and compassion to help you meet day-to-day challenges from a position of strength.