

BOOK CLUB RECOMMENDATION:

***You're Not Listening:
What You're Missing
and Why It Matters***

by: Kate Murphy

In a world full of noise and constant distraction, *You're Not Listening: What You're Missing and Why It Matters* explores a simple but powerful truth: genuine listening is rare and transformative. In this book, Kate Murphy dives into the science and psychology of listening, revealing how our ability to deeply listen affects everything from our relationships and mental health to our success at work. Through research and storytelling, she shows that listening isn't just about staying quiet, it's about curiosity, empathy, and connection.

Strong listening skills are essential for healthy communication, at work, at home, and in moments of conflict or stress. If you're feeling unheard, disconnected, or overwhelmed, this book is a powerful reminder that listening, both giving and receiving, is a skill that can change your life. And you don't have to figure it out alone.

[Find a copy of this book online.](#)

[Click Here or
Scan to View on a
Mobile Device >>](#)



**THRIVE WITH
NATIONAL EAP**

Ready to strengthen your communication skills this summer?


Join our upcoming webinars designed to help you navigate tough conversations and defuse challenging situations with confidence.

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

August Webinar

Communicating Well with Difficult People

 **Date: Wednesday, Aug 13, 2025**

 **Time: 1:00 – 1:30 PM ET**

Join us to discover strategies on how to successfully communicate with all types of people, even those who you may not see eye to eye with.


[Register here](#)

[Watch Recent
THRIVE
Webinars >>](#)

September Webinar

Exploring Verbal De-Escalation Strategies

 **Date: Tuesday, Sept 9, 2025**

 **Time: 12:00 – 12:30 PM ET**

Join us to learn how to navigate difficult situations, understand emotional “hot buttons,” and increase your ability to de-escalate situations using actionable strategies that foster cooperation and understanding.

[Register here](#)

Connect With Us On Social

**Follow National EAP on
LinkedIn and Instagram!**

Access the latest news, resources, and insights related to your employee assistance programs.

[Follow Us
On Social >>](#)

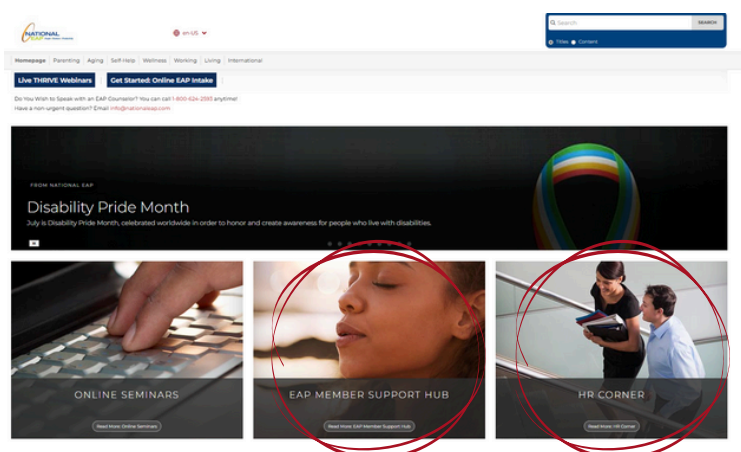




Member Portal: *Newly Available Resources*

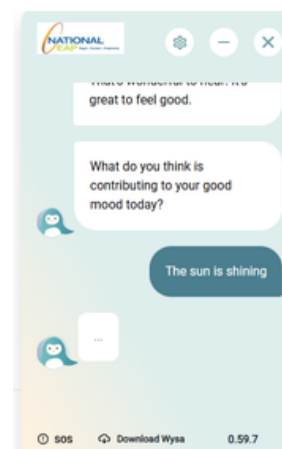
We're excited to announce the launch of the **EAP Member Support Hub** and the **HR Corner**, a new dedicated space on the National EAP Member Portal designed to help you quickly find the support and resources you need.

- **The EAP Member Support Hub** offers easy, direct access to information about the confidential services available to you through your Employee Assistance Program.
- **The HR Corner** is your go-to space for quick access to HR tools, monthly awareness content, and topical flyers you can share with your teams.



The Wysa Widget is now available on the Member Portal. This widget will appear when you log into the portal, providing you with easy access to the App and a way to download it directly to your mobile device!

These new features are here to make it easier than ever to connect with what matters most.



 **Log in to the Member Portal to access “EAP Member Support Hub”, the “HR Corner”, and the Wysa Widget!**

Need help accessing the portal or have suggestions for content you'd like to see? Reach out to your dedicated Client Success team at clientsuccess@nationaleap.com

Member Resources

Member Portal

Log on to your member portal to access timely resources and articles related to:

- [Flooding in Texas](#)
- [The Importance of Resiliency](#)
- [Psychological Flexibility](#)

Log on to your member portal and access recorded “Online Seminars” on:

- [August 19th - Connectedness: Cultivating Meaningful Social Connections](#)

Log on to view previously recorded webinars on-demand:

- [Are You a Good Listener?](#)
- [Keeping an Open Mind](#)
- [Pause.Breathe.Resume](#)
- [Set Boundaries and Boost Your Wellbeing](#)

Your company name is your username and password.

If you have difficulty logging on, contact us at info@nationaleap.com.

[Log In To Your Member Portal](#)



National EAP Blog - Timely and Relevant

Each month, the National EAP blog delivers timely and seasonally relevant insights to help you navigate both workplace challenges and everyday life. From leadership tips to personal well-being strategies, our content is designed to support the whole person—professionally and personally.



October Blog:

[Beat the Summer Slump: Staying Productive and Energized at Work](#)


Stay tuned each month for fresh insights, expert advice, and feature stories designed to empower your workplace.

[Check out the full blog archive!](#)

LATEST BLOG:

Beat the Summer Slump:
Staying Productive and Energized at Work

[READ ONLINE >>](#)



August 2025: National Wellness Month

August is National Wellness Month, a time to reflect, recharge, and recommit to your well-being. It's an opportunity to focus on self-care, stress management, and building healthy routines that support your physical, emotional, and mental health.

As your EAP provider, we are committed to supporting individuals at every stage of their wellness journey.

Support is available to help you:

- Manage stress
- Build resilience
- Improve communication
- Strengthen relationships
- Create sustainable wellness goals

RESOURCES AVAILABLE

EAP Services

- **Confidential Counseling and Support Services** – for employees and family members exploring self-care, managing stress, and looking to build healthy routines.

To speak with a clinician, complete our NEW online EAP Intake form, or call us at 800-624-2593.

Food & Nutrition Education and Referral Services

National EAP Members have access to 1:1 nutrition counseling with an expert Registered Dietitian as part of our Food & Nutrition Education and Referral Services collaboration with Kelly's Choice. Learn more about this resource and request a referral as part of your wellness journey.

[Learn About
Kelly's Choice](#)

KELLY'S CHOICE
DIETITIAN COMPANY

Wysa

Download the App by scanning the QR code from a mobile device and follow the prompts to get started. *Your engagement is completely anonymous and confidential.*

Wysa provides a safe and supportive mental health resource to address your needs. Whether you're trying to figure out the right balance for self-care, looking for ways to manage stress or develop overall wellness, you can turn to Wysa as a confidential space to talk, reflect, and access professional help if needed—because everyone deserves to feel supported and understood.

[Learn About
Wysa](#)



wysa

Upcoming Special Webinars

Out of the Darkness: Raising Awareness for Suicide Prevention

Tuesday, September 16th at 12:00 pm EST

Join us for a powerful and meaningful 30-minute webinar dedicated to raising awareness and equipping individuals with the tools to support suicide prevention.

During this session, we will explore:

- ✓ Common warning signs
- ✓ How to have supportive and compassionate conversations
- ✓ Where to turn for help and resources



529's from State-to-State: How to Save for College

Presented by Ascensus

Wednesday, September 10th at 12:00 pm EST

-OR-

Wednesday, November 12th at 12:00pm EST

Discover how manageable saving for higher education can be.

This webinar is ideal for anyone looking to plan ahead and learn how 529 college savings plans work.

What You'll Learn:

- The different types of 529 plans and why they matter
- State and federal tax benefits and who can save
- What qualifies as an eligible withdrawal
- What happens if the money isn't used for college



Quarterly Edition: Lifelines Summer 2025 Newsletter



Summer 2025 Edition of the Lifelines Newsletter

This quarterly publication is designed to **inspire**, **motivate**, and **empower** and includes everything you need to recharge and refocus this season. *Best of all, it's available in both English and Spanish*, making it more accessible than ever. This issue focuses on:

- Eco Anxiety: Everyday Strategies to Cope
- Dealing with Work Stress
- How to Relax
- How Hobbies Can Improve Your Life

[DOWNLOAD](#) [SPANISH VERSION](#) >>

[DOWNLOAD](#) [ENGLISH VERSION](#) >>

Featured Employee Service

Child & Adult Care Referrals

Need Help Finding Care?

Our Child & Adult Care Referral service connects you with trusted childcare, eldercare, and specialized care options—personalized to fit your family's unique needs.

Let us do the research so you can focus on what matters most.

Our goal is to help you feel secure, supported, and empowered to move forward with confidence, knowing your loved ones are in good hands.

**Ready to get started?
Reach Out To Speak
with a Care Specialist**

