

BOOK CLUB RECOMMENDATION:

Nonviolent Communication by Marshall B. Rosenberg

In *Nonviolent Communication*, Marshall B. Rosenberg introduces a powerful approach to communication that helps people build stronger relationships, resolve conflicts, and foster greater understanding. Through the Nonviolent Communication (NVC) model, Rosenberg teaches readers how to express themselves honestly and listen compassionately by focusing on observations, feelings, needs, and requests rather than blame or criticism.

The book offers practical strategies for expressing oneself clearly, listening with compassion, and navigating difficult conversations in both personal and professional settings.

Nonviolent Communication is a valuable read for anyone looking to improve communication, strengthen relationships, and handle conflict more effectively. It's especially relevant for employees, leaders, and teams seeking to build trust, enhance collaboration, and create a more supportive and emotionally intelligent workplace culture.

[Get your copy of this book online.](#)

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



2026 THRIVE Educational Webinar Schedule



LEAD WITH PURPOSE

Achieving a healthy work/life balance starts with making time to recharge and prioritize your well-being. Join us for this THRIVE webinar to gain practical strategies you can use right away to restore energy, set boundaries, and create space for what matters most.

October Webinar

Refill Your Cup: Strategies for Work/Life Balance

 **Date: Tuesday, October 13th**

 **Time: 1:30 PM – 2:00 PM ET**

Learn practical strategies for restoring energy, setting boundaries, and creating space for what matters most.

 [Register here](#)



November Webinar

Cognitive Overload: Managing Mental Clutter

 **Date: Wednesday, November 18th**

 **Time: 12:30 PM – 1:00 PM ET**

Join us to explore the causes and impact of cognitive overload and how to clear the clutter.

 [Register here](#)



Connect With Us On Social



UPCOMING WEBINARS

Multi-M Masterclass: Menopause, Midlife, Metabolism, Muscle & Memory *The Midlife Changes Nobody Prepared Us For*

Tuesday, October 6th

11:00 AM ET

presented by Bari Klein, founder of Upwell ME

Participants Will Learn:

- What happens before, during, and after menopause
- How hormones impact midlife health
- Why muscle matters as we age
- How nutrition, exercise, sleep, and stress support wellbeing
- How to identify misinformation and make informed choices

Estate Guru: Creating a Power of Attorney (POA)

Thursday, October 15th

12:00 PM EST and 3:00 PM EST

in collaboration with CLC

Join us and the CLC to learn what it takes to create a Power of Attorney and how it can help protect your wishes, finances, and future.



NEAP
NATIONAL EAP

UpwellMe

Multi-M Masterclass: Menopause, Midlife, Metabolism, Muscle & Memory
The Midlife Changes Nobody Prepared Us For

LIVE WEBINAR
TUESDAY, OCTOBER 6TH
11:00AM - 12:00PM EST

REGISTER TODAY

LED BY BARI KLEIN
FOUNDER OF
UPWELL ME

REGISTER NOW



NEAP
NATIONAL EAP

Estate Guru: Creating a Power of Attorney (POA)

Join us and the CLC to learn what it takes to create a Power of Attorney and how it can help protect your wishes, finances, and future.

LIVE WEBINAR
THURSDAY, OCTOBER 15TH
12PM EST AND 3PM EST

REGISTER ONLINE

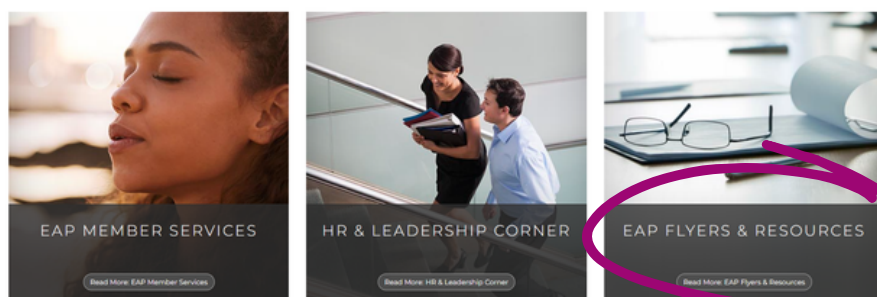
CLC

REGISTER NOW

EXCLUSIVE MEMBER RESOURCES

Navigating to NEAP EAP Member Portal

Visit the **NEAP EAP Member Portal** to explore **EAP Flyers & Resources** available for you and your entire household!



Check them out by:

1. Clicking on “EAP Flyers & Resources”
2. Selecting the type of flyer you’re looking for:
 - a. General EAP Overview Material
 - b. EAP Services Available
 - c. Newsletters
 - d. Monthly Awareness Calendar & Flyers
 - e. Topical Flyers
 - f. THRIVE Webinars

[Log In to the
Member Portal >>](#)



*Your username and password
are your company's name*

Upcoming On-Demand Online Seminars & Podcasts

- **10/10/26: World Mental Health Day**
 - Provide the tools and techniques to help individuals take a positive and active approach to prioritizing their own mental wellbeing.
- **11/4/26: The Science of Stress: Tools for Thriving at Work and Home (International Stress Awareness Week)**
 - Explore science-based techniques to reduce stress and strengthen resilience at work and home.
- **11/19/26: Strong Yet Struggling: Rethinking Men's Mental Wellbeing (International Men's Day)**
 - Highlight men's roles, health, and wellbeing while fostering dialogue on gender balance.



YOUR WELLBEING RESOURCE

Understanding Your Emotions:

Healthy Ways to Cope

Stress, anxiety, and difficult emotions are part of life, but building emotional awareness can help you respond in healthier ways and strengthen your overall well-being.

Recognize Your Triggers

Emotional triggers are situations, people, or events that spark strong reactions.

Common triggers include:

- Conflict or criticism
- Work pressures
- Financial stress
- Major life changes

When you feel overwhelmed, pause and ask:

- What am I feeling?
- What happened right before this feeling?
- What do I need right now?

Build Healthy Coping Habits

Small, consistent habits can improve resilience and emotional well-being:

- Stay physically active
- Spend time outdoors
- Connect with supportive people
- Journal or practice gratitude
- Engage in hobbies you enjoy
- Seek professional support when needed

Managing Anxiety

Anxiety can show up as racing thoughts, worry, irritability, or difficulty concentrating.

Helpful ways to manage anxiety include:

- Deep breathing and mindfulness
- Regular exercise
- Healthy sleep habits
- Taking breaks throughout the day
- Talking with someone you trust

Did You Know?

Nearly **1 in 5 U.S. adults** experiences a mental health condition each year.

Recognizing emotional triggers, managing stress early, and seeking support can make a significant difference in overall well-being.

MENTAL HEALTH FIRST AID TRAINING



MHFA Training is eligible for 7.5 PDC for SHRM-CP or SHRM – SCP credential holders

Learn how to support mental health in your community. **Mental Health First Aid training teaches you** how to **recognize** signs of mental health challenges, **respond** with confidence, and **connect people** to the help they need.

This Course Covers

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.
- Mental Health First Aid Action Plan (ALGEE)

Event Information

- **Dates:** October 20 & 27, 2026
- **Time:** 10:00 am - 1:30 pm ET
- **Cost:**
 - \$139 pp for NEAP Members
 - \$185 for Non-Members

Note: Attendees must attend both sessions and complete 2 hours of prework to receive the full credit.

Register Online





OCTOBER 2026: BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month is a time to raise awareness, encourage early detection, and show support for those affected by breast cancer. It is an opportunity to learn about risk factors, screening recommendations, and the importance of having open conversations about health and well-being.

Why it matters at work

Breast cancer impacts millions of individuals and families each year. A diagnosis can affect many aspects of life, including physical health, emotional well-being, work responsibilities, and family dynamics.

Workplaces play an important role in fostering a supportive environment where employees feel comfortable accessing resources, seeking support, and prioritizing their health.

How you can support colleagues

- Encourage regular health screenings
- Offer compassion and support
- Be mindful of those affected
- Show flexibility and understanding
- Promote a culture of wellness

Small acts of kindness, understanding, and encouragement can make a difference.

Contact NEAP for Support

 **Call** National EAP at 800-624-2593

 **Visit** [nationaleap.com/contact](https://www.nationaleap.com/contact) to submit your request online

 **Complete** the [Online EAP Intake Form](#)





OCTOBER 2026: INTIMATE PARTNER VIOLENCE AWARENESS

Intimate Partner Violence Awareness Month is a time to raise awareness about intimate partner violence, support those affected, and promote healthy, respectful relationships. It is an opportunity to learn the warning signs of abuse, reduce stigma, and remind people that help and support are available.

Why it matters at work

Intimate partner violence can affect anyone, regardless of age, gender, background, or profession. Its impact often extends into the workplace, affecting an individual's emotional well-being, physical safety, concentration, and overall quality of life.

By fostering a culture of awareness, compassion, and support, workplaces can help individuals feel safer seeking assistance and accessing the resources they need.

How you can support colleagues

- Recognize signs someone may need support
- Listen without judgment
- Respect privacy and boundaries
- Know available support resources
- Foster a safe and supportive workplace

Support does not require having all the answers. Sometimes, offering empathy, listening, and helping someone connect with available resources can be an important first step.

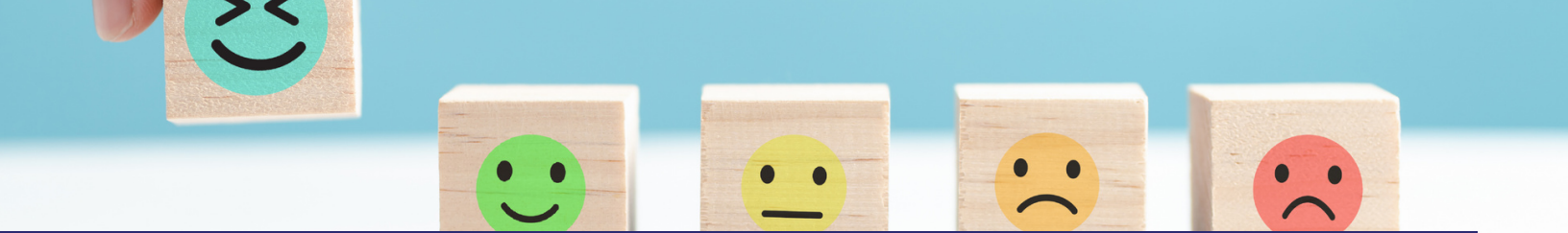
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OCTOBER 10TH IS: WORLD MENTAL HEALTH DAY

World Mental Health Day is observed each year on October 10 to promote mental health awareness, reduce stigma, and encourage people to prioritize their emotional well-being. It serves as a reminder that mental health is just as important as physical health and that seeking support is a sign of strength, not weakness.

Why it matters at work

Mental health influences how we think, feel, connect with others, and manage life's challenges. Stress, anxiety, burnout, and other mental health concerns can impact anyone, regardless of their role or circumstances.

When workplaces foster open dialogue, understanding, and support, employees are more likely to seek help when needed, support one another, and feel empowered to thrive both personally and professionally.

How you can support colleagues

- Check in with yourself regularly
- Talk openly about mental health
- Prioritize healthy habits and boundaries
- Support colleagues with empathy
- Know where to find resource

Even small actions can have a meaningful impact. Checking in on a colleague, taking a break when needed, or simply asking, "*How are you really doing?*" can help create a more supportive and connected workplace.

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OCTOBER IS: NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

National Disability Employment Awareness Month (NDEAM) is a time to celebrate the contributions of people with disabilities in the workplace and to promote inclusive environments where everyone has the opportunity to succeed. It is also a reminder of the importance of removing barriers, challenging misconceptions, and creating workplaces that value diverse talents and perspectives.

Why it matters at work

An inclusive workplace benefits everyone. When employees feel respected, supported, and empowered to contribute their unique strengths, organizations become stronger, more innovative, and more engaged.

How you can support an inclusive workplace

- Use respectful, person-centered language and avoid assumptions
- Be mindful of accessibility in meetings, communications, and events
- Encourage participation and ensure all voices are heard
- Learn about workplace accommodations and how they support success
- Promote a culture of inclusion, respect, and belonging for everyone

Small actions can make a meaningful difference. Creating an environment where all employees are welcomed, valued, and supported helps individuals and organizations thrive.

Support is always available

At NEAP, confidential support and resources are available to you and your family whenever needed. 24/7 EAP support means you don't have to navigate a difficult moment alone.

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