

EAP MONTHLY CAMPAIGN TOPICS: 2021

Month	Monthly Update Callout Box	Topic/Article	Live Webinar	EAP Poster	Well-being Poster	Digital Signage	EAP Feature
January	National Get Organized Month	Coping With Change <ul style="list-style-type: none"> •Positive and negative coping skills •Banishing negative thoughts •Self-care tips •Building a support network 	Wednesday, January 13 11:00 a.m. – 12:00 p.m. PT Challenges of a Post-Quarantine Workplace: Adapting to the "Next Normal"	Building Emotional Regulation Skills	Healthy Weight Awareness Month	Are you looking for better work-life balance and less stress in your life? Try Tele-EAP Coaching!	Tele-EAP Coaching
February	Eating Disorders Awareness and Screening Week	Improving Your Mental Wellness <ul style="list-style-type: none"> •Finding purpose •Acts of kindness •Being present •Benefits of physical activity 	Wednesday, February 10 11:00 a.m. – 12:00 p.m. PT Mental Skills Bootcamp: Performing at Your Best!	Practicing Self-Compassion	American Heart Month	Are you struggling with difficult life issues? Your EAP offers free, confidential counseling.	Counseling
March	National Drug and Alcohol Facts Week	Planning for Your Financial Future <ul style="list-style-type: none"> •Identify your spending patterns •Set realistic financial goals •Make saving easier •Review your progress 	Wednesday, March 10 11:00 a.m. – 12:00 p.m. PT Employees: Financial Planning in Uncertain Times Wednesday, March 24 11:00 a.m. – 12:00 p.m. PT Managers: Leading Powerfully During Change and Uncertainty	Taming Money Worries	Sleep Awareness Week	Are your finances keeping you awake at night? Your EAP can help you develop a budget that works for you and your family.	Financial Services

EAP MONTHLY CAMPAIGN TOPICS: 2021

Month	Monthly Update Callout Box	Topic/Article	Live Webinar	EAP Poster	Well-being Poster	Digital Signage	EAP Feature
April	Stress Awareness Month	Overcoming Stress and Burnout <ul style="list-style-type: none"> •What are your stress triggers? •Setting boundaries •Learn to delegate •Resources for help 	Wednesday, April 14 11:00 a.m. – 12:00 p.m. PT Overcoming Stress and Burnout	Letting Go of Emotional Pain	World Health Day	Is stress impacting your emotional and physical health? Learn ways to manage stress and build resilience. Call your EAP today!	Living Healthy - Mind and Body
May	Mental Health Month	Understanding Your Teenager's Mental Health <ul style="list-style-type: none"> •What's normal and what's not? •Pressures your teen faces •Providing emotional support •Setting appropriate limits 	Wednesday, May 12 11:00 a.m. – 12:00 p.m. PT Helping Your Teen Learn Emotional Regulation	What's Your Parenting Style?	National Asthma and Allergy Awareness Month	Getting help to deal with life's problems has never been easier. You on't even have to leave home with virtual therapy through your EAP.	BetterHelp Virtual Therapy
June	National Post Traumatic Stress Disorder Awareness Month	Communicating With Your Partner <ul style="list-style-type: none"> •Careful listening •Staying focused on the present •Responding to criticism •Finding common ground 	Wednesday, June 9 11:00 a.m. – 12:00 p.m. PT Employees: 3 Secrets to Having Your Best Relationship Wednesday, June 23 11:00 a.m. – 12:00 p.m. PT Managers: Best Practices for Managing Remote Employees	Building a Healthy Relationship	Employee Well-being Month	Feeling stuck in your relationship? Your EAP can help you improve communication.	Child Care and Elder Care Services

EAP MONTHLY CAMPAIGN TOPICS: 2021

Month	Monthly Update Callout Box	Topic/Article	Live Webinar	EAP Poster	Well-being Poster	Digital Signage	EAP Feature
July	Social Wellness Month	Creating a Positive Work Environment <ul style="list-style-type: none"> • Show gratitude • Appreciating co-workers • Clear communication • Develop relationships 	Wednesday, July 14 11:00 a.m. – 12:00 p.m. PT Cultivating Civility in Your Work Environment	Encouraging Positive Thinking	Social Wellness Month	Need help with your career goals? Your EAP offers guidance on setting and achieving your goals.	Workplace Support Services
August	National Friendship Day	Staying Strong and Resilient <ul style="list-style-type: none"> • Practicing mindfulness • Coping with change • Dealing with adversity • Taking care of the self 	Wednesday, August 11 11:00 a.m. – 12:00 p.m. PT Strategies to Navigate Stress and Build Resilience	Bouncing Back From Adversity	National Relaxation Day	Is workplace stress getting you down? Call your EAP for effective ways to manage stress at work and home.	Work-Life Services
September	Suicide Prevention and Awareness Month	Caring for a Loved One in Crisis <ul style="list-style-type: none"> • Spotting the signs of an emotional crisis • Deep listening • Ways to show support • When to get professional help 	Wednesday, September 8 11:00 a.m. – 12:00 p.m. PT Employees: Supporting Others Through Their Mental Health and Substance Use Concerns Wednesday, September 22 11:00 a.m. – 12:00 p.m. PT Managers: Cultivating Civility in Your Company Culture	When is it Time to See a Therapist?	Family Health and Fitness Day	Worried about a family member who has a mental health issue or substance use disorder? Call your EAP for help.	Telehealth

EAP MONTHLY CAMPAIGN TOPICS: 2021

Month	Monthly Update Callout Box	Topic/Article	Live Webinar	EAP Poster	Well-being Poster	Digital Signage	EAP Feature
October	Mental Illness Awareness Week	Embracing Differences <ul style="list-style-type: none"> • Keeping an open mind • Respecting individual differences • Awareness of language • Learning about other cultures 	Wednesday, October 13 11:00 a.m. – 12:00 p.m. PT Fostering Understanding Between Veterans and Civilians for Workplace Success	Be a Role Model for Kindness	World Mental Health Day	Get help whenever you need it...from the comfort and privacy of your own home. Check out your EAP's web-based confidential care.	Web-Based Confidential Care
November	National Family Caregivers Month	Overcoming Financial Setbacks <ul style="list-style-type: none"> • Assess your financial situation • Define your goals • Make a plan • Use available resources 	Wednesday, November 10 11:00 a.m. – 12:00 p.m. PT Overcoming Financial Pitfalls	Tips for Thrifty Living	American Diabetes Month	Will you be ready for retirement? It's never too early to plan. Call your EAP for tips on building your nest egg	Retirement Services
December	National Stress-Free Family Holidays Month	Focusing on Your Well-being <ul style="list-style-type: none"> • Examine your priorities • Accepting your emotions • Focusing on your strengths • Setting healthy boundaries 	Wednesday, December 1 11:00 a.m. – 12:00 p.m. PT Managers: Emotional Intelligence Demystified – The Competitive Edge for Leaders Wednesday, December 8 11:00 a.m. – 12:00 p.m. PT Employees: Increasing Your Movement for Better Emotional and Physical Health	Ways to Boost Your Happiness	National Stress-Free Family Holidays Month	Is it time to see a counselor? Let your EAP help you get an appointment. Call today!	Appointment Assist