

# EAP MONTHLY CAMPAIGN TOPICS: 2022

Month	Topic/Article	Live Webinar* <i>New for 2022! Live webinars are now 45 minutes or less.</i>	Well-being Poster	Digital Signage	EAP Feature	Special Campaign <i>Materials will vary.</i>
January	<p>Building a Thriving Life</p> <ul style="list-style-type: none"> <li>• Practicing positivity.</li> <li>• Importance of social connections.</li> <li>• Finding purpose.</li> <li>• Minding your health.</li> </ul>	<p>Wednesday, January 12</p> <p><a href="#">Your Program: Benefits to Help you Lead a Thriving Life</a></p> <ul style="list-style-type: none"> <li>• Identify the components of your program.</li> <li>• Explain how to access a variety of resources, tools and services.</li> <li>• Describe what to expect when contacting your program.</li> </ul>	<p>National Get Organized Month</p> <ul style="list-style-type: none"> <li>• Decluttering: setting up a system.</li> <li>• Buy only what you need – how to avoid temptation.</li> </ul>	<p>We could all use help at times to deal with life's many challenges. Call EAP today for a confidential appointment with a counselor!</p>	Counseling	-
February	<p>Becoming Social Media Savvy</p> <ul style="list-style-type: none"> <li>• Protecting kids.</li> <li>• Cyberbullying.</li> <li>• Online safety.</li> </ul>	<p>Wednesday, February 9</p> <p><a href="#">Social Status: Keeping a Safe and Healthy Relationship with Social Media</a></p> <ul style="list-style-type: none"> <li>• Explain the algorithm and why you see specific content.</li> <li>• Recognize how to identify reliable, verified information.</li> <li>• Know when it's time to take a break from social media.</li> </ul>	<p>National Cancer Prevention Awareness Month</p> <ul style="list-style-type: none"> <li>• Importance of diet and exercise.</li> <li>• Supporting someone with cancer.</li> </ul>	<p>Identity theft impacts millions of Americans. Learn how to keep your personal information private and secure.</p>	Identity Theft Resolution	Flyer and resource list for National Cancer Prevention Awareness Month
March	<p>Achieving Your Retirement Goals</p> <ul style="list-style-type: none"> <li>• Developing a plan.</li> <li>• Make saving easier.</li> <li>• Understanding costs in retirement, such as health care, long term care.</li> </ul> <p><i>Managers: Leading a Resilient Team</i></p>	<p>Wednesday, March 9</p> <p><a href="#">Retirement Planning: Getting Started and Sticking to Your Goal in Times of Uncertainty</a></p> <ul style="list-style-type: none"> <li>• Recognize the importance of starting with a plan early.</li> <li>• Use goal-setting strategies to stay on track with your vision for retirement.</li> <li>• Discuss how to adjust your spending and saving plans as needed.</li> </ul> <p><i>For managers</i></p> <p>Wednesday, March 23</p> <p><a href="#">Your Program: Benefits to Support Managers</a></p> <ul style="list-style-type: none"> <li>• Define the components of your program.</li> <li>• Explain how to access the variety of resources, tools and services.</li> <li>• Describe how to support staff and facilitate a positive, productive workplace.</li> </ul>	<p>National Drug and Alcohol Facts Week</p> <ul style="list-style-type: none"> <li>• 5 common myths and facts about addiction and recovery.</li> </ul>	<p>You can achieve your financial goals...talk to EAP for resources on financial planning.</p>	Financial Wellness	Flyer and resource list for National Drug and Alcohol Facts Week

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April	<b>Banishing Burnout</b> <ul style="list-style-type: none"> <li>• Signs and symptoms of burnout.</li> <li>• Strategies for self-care.</li> </ul>	Wednesday, April 13 <a href="#">Overcome Exhaustion and Burnout</a> <ul style="list-style-type: none"> <li>• Summarize what is causing feelings of fatigue and burnout.</li> <li>• Recognize the symptoms of burnout.</li> <li>• Identify practices to help restore emotional health and well-being.</li> </ul>	Stress Awareness Month <ul style="list-style-type: none"> <li>• Increasing your resilience skills.</li> <li>• Focusing on personal strengths.</li> </ul>	Call EAP for assistance with all types of legal issues.	Legal Services	-
May	<b>Enhancing Your Well-being</b> <ul style="list-style-type: none"> <li>• Finding purpose and meaning.</li> <li>• Practicing gratitude.</li> <li>• Mindfulness.</li> </ul>	Wednesday, May 11 <a href="#">Self-Care Enhancement and Enrichment</a> <ul style="list-style-type: none"> <li>• Explain the importance of self-care.</li> <li>• Describe how to find happiness and purpose in life.</li> <li>• Develop techniques to achieve an improved mindset and mood.</li> </ul>	Mental Health Month <ul style="list-style-type: none"> <li>• 5 daily tips to improve your mental health.</li> </ul>	Learn how to manage your work-life flow. Contact EAP for helpful tips.	Work-Life Services	Campaign for Mental Health Month
June	<b>Respecting Relationships</b> <ul style="list-style-type: none"> <li>• Improving listening skills.</li> <li>• Tending to boundaries.</li> <li>• Constructive responses to conflict.</li> </ul> <b>Managers: Engaging Your Team</b>	Wednesday, June 8 <a href="#">When the Pot Boils—Help People Cool It</a> <ul style="list-style-type: none"> <li>• Describe different ways people interact and how people think.</li> <li>• Practice strategies to deal with difficult people and heated situations.</li> <li>• Recognize ways to cool yourself down.</li> </ul> <i>For managers</i> Wednesday, June 22 <a href="#">Inspire and Motivate Your Team</a> <ul style="list-style-type: none"> <li>• Identify warning signs of a disengaged team.</li> <li>• Define ways to motivate employees when times are tough.</li> <li>• Describe how to help your team work better together.</li> </ul>	National PTSD Awareness Month <ul style="list-style-type: none"> <li>• What is PTSD?</li> <li>• Who's at risk?</li> <li>• Effective treatments.</li> </ul>	Need help to stay on track with your goals? Call EAP today for lifestyle coaching.	Lifestyle Coaching	Flyer for National PTSD Awareness Month  Campaign for Wildfires

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July	<p>Improving the Life-Mind-Body Connection</p> <ul style="list-style-type: none"> <li>• Understanding the connection between mind and body.</li> <li>• Becoming more self-aware of how emotions impact health.</li> </ul>	<p>Wednesday, July 13</p> <p><a href="#">Mindfulness: The Life-Mind-Body Connection</a></p> <ul style="list-style-type: none"> <li>• Define mindfulness and other mind-body methods to reduce stress.</li> <li>• Explain the myths and realities of meditation.</li> <li>• Practice deep breathing and meditation techniques.</li> </ul>	<p>Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month</p> <ul style="list-style-type: none"> <li>• Barriers to mental health care for people in BIPOC communities.</li> <li>• BIPOC mental health resources (NAMI).</li> </ul>	<p>Online tools and resources can help you stay emotionally healthy. Learn more from EAP about the resources available to you.</p>	<p>Digital Emotional Wellness Tools</p>	<p>Campaign for Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month</p>
August	<p>Fueling Your Work-Life Flow</p> <ul style="list-style-type: none"> <li>• Maintaining appropriate work-life boundaries.</li> <li>• Time management strategies.</li> <li>• The art of delegation.</li> </ul>	<p>Wednesday, August 10</p> <p><a href="#">Make Life Easier: Create More Peace and Balance at Work and Home</a></p> <ul style="list-style-type: none"> <li>• Define what peace and balance means.</li> <li>• Describe mindsets and how to set practical expectations.</li> <li>• Identify strategies to help create calm and manage work-life flow.</li> </ul>	<p>National Back to School Month</p> <ul style="list-style-type: none"> <li>• Helping kids with back-to-school jitters.</li> <li>• Getting back into a routine.</li> </ul>	<p>Talk to an EAP counselor from the comfort of your home. Call EAP for telehealth services today!</p>	<p>Telehealth</p>	<p>Flyer for National Back to School Month</p>
September	<p>Knowing the Signs of Crisis</p> <ul style="list-style-type: none"> <li>• Signs of emotional crisis.</li> <li>• How to show support.</li> <li>• When and where to get professional help.</li> </ul> <p><i>Managers: Improving Your Team Dynamics</i></p>	<p>Wednesday, September 14</p> <p><a href="#">Suicide Risk: Awareness and Prevention</a></p> <ul style="list-style-type: none"> <li>• Define the warning signs of suicide.</li> <li>• Discuss how to speak to someone about suicide concerns.</li> <li>• List resources and how to get help.</li> </ul> <p><i>For managers</i></p> <p>Wednesday, September 28</p> <p><a href="#">Creating an Environment Where Positive Relationships Thrive</a></p> <ul style="list-style-type: none"> <li>• Define positive relationships and why they are important at work.</li> <li>• Discuss ways to deal with team conflict and manage difficult feelings in the workplace.</li> <li>• Identify how to handle difficult or uncivil customers/clients.</li> </ul>	<p>Suicide Prevention Awareness Month</p> <ul style="list-style-type: none"> <li>• How to help someone at risk.</li> <li>• Resources.</li> </ul>	<p>Get the support you need, when you need it. Call EAP to connect with a therapist by text, talk, or video.</p>	<p>Virtual Therapy</p>	<p>Campaign for Suicide Prevention Awareness Month</p>

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October	<p>Addressing Addiction</p> <ul style="list-style-type: none"> <li>• Signs of a problem.</li> <li>• Understanding stigma.</li> <li>• Effective treatment modalities – such as MAT.</li> <li>• Resources for help.</li> </ul>	<p>Wednesday, October 12</p> <p><a href="#">Understanding Substance Misuse</a></p> <ul style="list-style-type: none"> <li>• Define addiction and warning signs of substance misuse.</li> <li>• Identify when it's time to get help.</li> <li>• List resources to help with recovery.</li> </ul>	<p>National Depression and Mental Health Awareness and Screening Month</p> <ul style="list-style-type: none"> <li>• Prevalence of depression.</li> <li>• Getting professional help.</li> </ul>	<p>Need help reaching your employment goals? Get guidance and support with EAP's career assistance and student resources.</p>	<p>Career Assistance and Student Resources</p>	<p>Campaign for National Depression and Mental Health Awareness and Screening Month</p> <p>Flyer for World Mental Health Day</p>
November	<p>Coping with Seasonal Changes</p> <ul style="list-style-type: none"> <li>• Stress triggers during the holidays.</li> <li>• Importance of self-care.</li> <li>• Maintaining boundaries.</li> </ul>	<p>Wednesday, November 9</p> <p><a href="#">Thriving Through the Holidays</a></p> <ul style="list-style-type: none"> <li>• Describe why holidays are more stressful than other times of the year.</li> <li>• Identify your "limits" during the holidays.</li> <li>• Explain coping skills to help you stay emotionally healthy.</li> </ul>	<p>National Family Caregivers Month</p> <ul style="list-style-type: none"> <li>• Watching for signs of depression.</li> <li>• Accepting offers of help.</li> </ul>	<p>From finding daycare to elder care, EAP can help you find the right resources for your family.</p>	<p>Child and Elder Care Services</p>	<p>Flyer for National Family Caregivers Month</p>
December	<p>Living with Intention</p> <ul style="list-style-type: none"> <li>• Making time for self-reflection.</li> <li>• Identifying your priorities.</li> <li>• Creating goals.</li> <li>• Letting go of things that no longer fit.</li> </ul> <p><i>Managers: Bringing Out the Best in Your Team</i></p>	<p>Wednesday, December 14</p> <p><a href="#">The Power of Purpose</a></p> <ul style="list-style-type: none"> <li>• Describe the importance of purpose for resilience and thriving.</li> <li>• Discuss benefits of purpose.</li> <li>• Identify strategies to live with intention and realize your meaning.</li> </ul> <p><i>For managers</i></p> <p>Wednesday, December 7</p> <p><a href="#">Leading With Purpose</a></p> <ul style="list-style-type: none"> <li>• Describe the importance of purpose for leading resilient teams.</li> <li>• Discuss benefits of leading with purpose.</li> <li>• Identify strategies to lead with intention.</li> </ul>	<p>National Stress-Free Family Holidays Month</p> <ul style="list-style-type: none"> <li>• Ideas for creating new holiday traditions that reduce stress.</li> </ul>	<p>EAP can help you make healthy choices for your mental and physical health. Call today to learn more!</p>	<p>Living Healthy - Mind and Body</p>	<p>Flyer for National Stress-Free Family Holidays Month</p> <p>Digital signs for holiday wellness</p>

\*The topic of the EAP poster will be the monthly live webinar for employees and include a QR code and link to register for the webinar.