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| January  | Building a Thriving Life  
• Practicing positivity.  
• Importance of social connections.  
• Finding purpose.  
• Minding your health. | Wednesday, January 12  
**Your Program: Benefits to Help you Lead a Thriving Life**  
• Identify the components of your program.  
• Explain how to access a variety of resources, tools and services.  
• Describe what to expect when contacting your program. | National Get Organized Month  
• Decluttering: setting up a system.  
• Buy only what you need – how to avoid temptation. | We could all use help at times to deal with life’s many challenges. Call EAP today for a confidential appointment with a counselor! | Counseling | -                                                                                                           |
| February | Becoming Social Media Savvy  
• Protecting kids.  
• Cyberbullying.  
• Online safety. | Wednesday, February 9  
**Social Status: Keeping a Safe and Healthy Relationship with Social Media**  
• Explain the algorithm and why you see specific content.  
• Recognize how to identify reliable, verified information.  
• Know when it’s time to take a break from social media. | National Cancer Prevention Awareness Month  
• Importance of diet and exercise.  
• Supporting someone with cancer. | Identity theft impacts millions of Americans. Learn how to keep your personal information private and secure. | Identity Theft Resolution | Flyer and resource list for National Cancer Prevention Awareness Month |
| March    | Achieving Your Retirement Goals  
• Developing a plan.  
• Make saving easier.  
• Understanding costs in retirement, such as health care, long term care.  
*Managers: Leading a Resilient Team* | Wednesday, March 9  
**Retirement Planning: Getting Started and Sticking to Your Goal in Times of Uncertainty**  
• Recognize the importance of starting with a plan early.  
• Use goal-setting strategies to stay on track with your vision for retirement.  
• Discuss how to adjust your spending and saving plans as needed.  
*For managers*  
Wednesday, March 23  
**Your Program: Benefits to Support Managers**  
• Define the components of your program.  
• Explain how to access the variety of resources, tools and services.  
• Describe how to support staff and facilitate a positive, productive workplace. | National Drug and Alcohol Facts Week  
• 5 common myths and facts about addiction and recovery. | You can achieve your financial goals…talk to EAP for resources on financial planning. | Financial Wellness | Flyer and resource list for National Drug and Alcohol Facts Week |
# EAP Monthly Campaign Topics: 2022

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<td>April</td>
<td>Banishing Burnout - Signs and symptoms of burnout, Strategies for self-care.</td>
<td>Wednesday, April 13 Overcome Exhaustion and Burnout</td>
<td>Stress Awareness Month</td>
<td>Call EAP for assistance with all types of legal issues.</td>
<td>Legal Services</td>
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<td>May</td>
<td>Enhancing Your Well-being - Finding purpose and meaning, Practicing gratitude, Mindfulness.</td>
<td>Wednesday, May 11 Self-Care Enhancement and Enrichment</td>
<td>Mental Health Month</td>
<td>Learn how to manage your work-life flow. Contact EAP for helpful tips.</td>
<td>Work-Life Services</td>
<td>Campaign for Mental Health Month</td>
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<td>June</td>
<td>Respecting Relationships - Improving listening skills, Tending to boundaries, Constructive responses to conflict. Managers: Engaging Your Team</td>
<td>Wednesday, June 8 When the Pot Boils—Help People Cool It</td>
<td>National PTSD Awareness Month</td>
<td>Need help to stay on track with your goals? Call EAP today for lifestyle coaching.</td>
<td>Lifestyle Coaching</td>
<td>Flyer for National PTSD Awareness Month Campaign for Wildfires</td>
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| July   | Improving the Life-Mind-Body Connection<br>
• Understanding the connection between mind and body.<br>
• Becoming more self-aware of how emotions impact health. | Wednesday, July 13<br>**Mindfulness: The Life-Mind-Body Connection**<br>• Define mindfulness and other mind-body methods to reduce stress.<br>• Explain the myths and realities of meditation.<br>• Practice deep breathing and meditation techniques. | Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month<br>
• Barriers to mental health care for people in BIPOC communities.<br>
• BIPOC mental health resources (NAMI). | Online tools and resources can help you stay emotionally healthy. Learn more from EAP about the resources available to you. | Digital Emotional Wellness Tools | Campaign for Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month |
| August | Fueling Your Work-Life Flow<br>
• Maintaining appropriate work-life boundaries.<br>
• Time management strategies.<br>
• The art of delegation. | Wednesday, August 10<br>**Make Life Easier: Create More Peace and Balance at Work and Home**<br>• Define what peace and balance means.<br>• Describe mindsets and how to set practical expectations.<br>• Identify strategies to help create calm and manage work-life flow. | National Back to School Month<br>
• Helping kids with back-to-school jitters.<br>
• Getting back into a routine. | Talk to an EAP counselor from the comfort of your home. Call EAP for telehealth services today! | Telehealth | Flyer for National Back to School Month |
| September | Knowing the Signs of Crisis<br>
• Signs of emotional crisis.<br>
• How to show support.<br>
• When and where to get professional help.<br>
**Managers: Improving Your Team Dynamics** | Wednesday, September 14<br>**Suicide Risk: Awareness and Prevention**<br>• Define the warning signs of suicide.<br>• Discuss how to speak to someone about suicide concerns.<br>• List resources and how to get help.<br>
**For managers**<br>Wednesday, September 28<br>**Creating an Environment Where Positive Relationships Thrive**<br>• Define positive relationships and why they are important at work.<br>• Discuss ways to deal with team conflict and manage difficult feelings in the workplace.<br>• Identify how to handle difficult or uncivil customers/clients. | Suicide Prevention Awareness Month<br>
• How to help someone at risk.<br>
• Resources. | Get the support you need, when you need it. Call EAP to connect with a therapist by text, talk, or video. | Virtual Therapy | Campaign for Suicide Prevention Awareness Month |
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<td>October</td>
<td><strong>Addressing Addiction</strong>&lt;br&gt;• Signs of a problem.&lt;br&gt;• Understanding stigma.&lt;br&gt;• Effective treatment modalities – such as MAT.&lt;br&gt;• Resources for help.</td>
<td>Wednesday, October 12 <strong>Understanding Substance Misuse</strong>&lt;br&gt;• Define addiction and warning signs of substance misuse.&lt;br&gt;• Identify when it’s time to get help.&lt;br&gt;• List resources to help with recovery.</td>
<td>National Depression and Mental Health Awareness and Screening Month&lt;br&gt;• Prevalence of depression.&lt;br&gt;• Getting professional help.</td>
<td>Need help reaching your employment goals? Get guidance and support with EAP’s career assistance and student resources.</td>
<td>Career Assistance and Student Resources</td>
<td>Campaign for National Depression and Mental Health Awareness and Screening Month&lt;br&gt;Flyer for World Mental Health Day</td>
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<td>November</td>
<td><strong>Coping with Seasonal Changes</strong>&lt;br&gt;• Stress triggers during the holidays.&lt;br&gt;• Importance of self-care.&lt;br&gt;• Maintaining boundaries.</td>
<td>Wednesday, November 9 <strong>Thriving Through the Holidays</strong>&lt;br&gt;• Describe why holidays are more stressful than other times of the year.&lt;br&gt;• Identify your “limits” during the holidays.&lt;br&gt;• Explain coping skills to help you stay emotionally healthy.</td>
<td>National Family Caregivers Month&lt;br&gt;• Watching for signs of depression.&lt;br&gt;• Accepting offers of help.</td>
<td>From finding daycare to elder care, EAP can help you find the right resources for your family.</td>
<td>Child and Elder Care Services</td>
<td>Flyer for National Family Caregivers Month</td>
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<td>December</td>
<td><strong>Living with Intention</strong>&lt;br&gt;• Making time for self-reflection.&lt;br&gt;• Identifying your priorities.&lt;br&gt;• Creating goals.&lt;br&gt;• Letting go of things that no longer fit.&lt;br&gt;&lt;br&gt;<strong>Managers: Bringing Out the Best in Your Team</strong></td>
<td>Wednesday, December 14 <strong>The Power of Purpose</strong>&lt;br&gt;• Describe the importance of purpose for resilience and thriving.&lt;br&gt;• Discuss benefits of purpose.&lt;br&gt;• Identify strategies to live with intention and realize your meaning.&lt;br&gt;&lt;br&gt;<strong>For managers</strong>&lt;br&gt;Wednesday, December 7 <strong>Leading With Purpose</strong>&lt;br&gt;• Describe the importance of purpose for leading resilient teams.&lt;br&gt;• Discuss benefits of leading with purpose.&lt;br&gt;• Identify strategies to lead with intention.</td>
<td>National Stress-Free Family Holidays Month&lt;br&gt;• Ideas for creating new holiday traditions that reduce stress.</td>
<td>EAP can help you make healthy choices for your mental and physical health. Call today to learn more!</td>
<td>Living Healthy - Mind and Body</td>
<td>Flyer for National Stress-Free Family Holidays Month&lt;br&gt;Digital signs for holiday wellness</td>
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*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.*