

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"> • Practicing positivity. • Importance of social connections. • Finding purpose. • Minding your health. 	<p>Wednesday, January 12</p> <p>Your Program: Benefits to Help you Lead a Thriving Life</p> <ul style="list-style-type: none"> • 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. 	<p>National Get Organized Month</p> <ul style="list-style-type: none"> • Decluttering: setting up a system. • Buy only what you need – how to avoid temptation. 	<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"> • Protecting kids. • Cyberbullying. • Online safety. 	<p>Wednesday, February 9</p> <p>Social Status: Keeping a Safe and Healthy Relationship with Social Media</p> <ul style="list-style-type: none"> • 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. 	<p>National Cancer Prevention Awareness Month</p> <ul style="list-style-type: none"> • Importance of diet and exercise. • Supporting someone with cancer. 	<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"> • Developing a plan. • Make saving easier. • Understanding costs in retirement, such as health care, long term care. <p><i>Managers: Leading a Resilient Team</i></p>	<p>Wednesday, March 9</p> <p>Retirement Planning: Getting Started and Sticking to Your Goal in Times of Uncertainty</p> <ul style="list-style-type: none"> • 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. <p><i>For managers</i></p> <p>Wednesday, March 23</p> <p>Your Program: Benefits to Support Managers</p> <ul style="list-style-type: none"> • 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. 	<p>National Drug and Alcohol Facts Week</p> <ul style="list-style-type: none"> • 5 common myths and facts about addiction and recovery. 	<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	Banishing Burnout <ul style="list-style-type: none"> • Signs and symptoms of burnout. • Strategies for self-care. 	Wednesday, April 13 Overcome Exhaustion and Burnout <ul style="list-style-type: none"> • Summarize what is causing feelings of fatigue and burnout. • Recognize the symptoms of burnout. • Identify practices to help restore emotional health and well-being. 	Stress Awareness Month <ul style="list-style-type: none"> • Increasing your resilience skills. • Focusing on personal strengths. 	Call EAP for assistance with all types of legal issues.	Legal Services	-
May	Enhancing Your Well-being <ul style="list-style-type: none"> • Finding purpose and meaning. • Practicing gratitude. • Mindfulness. 	Wednesday, May 11 Self-Care Enhancement and Enrichment <ul style="list-style-type: none"> • Explain the importance of self-care. • Describe how to find happiness and purpose in life. • Develop techniques to achieve an improved mindset and mood. 	Mental Health Month <ul style="list-style-type: none"> • 5 daily tips to improve your mental health. 	Learn how to manage your work-life flow. Contact EAP for helpful tips.	Work-Life Services	Campaign for Mental Health Month
June	Respecting Relationships <ul style="list-style-type: none"> • Improving listening skills. • Tending to boundaries. • Constructive responses to conflict. Managers: Engaging Your Team	Wednesday, June 8 When the Pot Boils—Help People Cool It <ul style="list-style-type: none"> • Describe different ways people interact and how people think. • Practice strategies to deal with difficult people and heated situations. • Recognize ways to cool yourself down. <i>For managers</i> Wednesday, June 22 Inspire and Motivate Your Team <ul style="list-style-type: none"> • Identify warning signs of a disengaged team. • Define ways to motivate employees when times are tough. • Describe how to help your team work better together. 	National PTSD Awareness Month <ul style="list-style-type: none"> • What is PTSD? • Who's at risk? • Effective treatments. 	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"> • Understanding the connection between mind and body. • Becoming more self-aware of how emotions impact health. 	<p>Wednesday, July 13</p> <p>Mindfulness: The Life-Mind-Body Connection</p> <ul style="list-style-type: none"> • Define mindfulness and other mind-body methods to reduce stress. • Explain the myths and realities of meditation. • Practice deep breathing and meditation techniques. 	<p>Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month</p> <ul style="list-style-type: none"> • Barriers to mental health care for people in BIPOC communities. • BIPOC mental health resources (NAMI). 	<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"> • Maintaining appropriate work-life boundaries. • Time management strategies. • The art of delegation. 	<p>Wednesday, August 10</p> <p>Make Life Easier: Create More Peace and Balance at Work and Home</p> <ul style="list-style-type: none"> • Define what peace and balance means. • Describe mindsets and how to set practical expectations. • Identify strategies to help create calm and manage work-life flow. 	<p>National Back to School Month</p> <ul style="list-style-type: none"> • Helping kids with back-to-school jitters. • Getting back into a routine. 	<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"> • Signs of emotional crisis. • How to show support. • When and where to get professional help. <p><i>Managers: Improving Your Team Dynamics</i></p>	<p>Wednesday, September 14</p> <p>Suicide Risk: Awareness and Prevention</p> <ul style="list-style-type: none"> • Define the warning signs of suicide. • Discuss how to speak to someone about suicide concerns. • List resources and how to get help. <p><i>For managers</i></p> <p>Wednesday, September 28</p> <p>Creating an Environment Where Positive Relationships Thrive</p> <ul style="list-style-type: none"> • Define positive relationships and why they are important at work. • Discuss ways to deal with team conflict and manage difficult feelings in the workplace. • Identify how to handle difficult or uncivil customers/clients. 	<p>Suicide Prevention Awareness Month</p> <ul style="list-style-type: none"> • How to help someone at risk. • Resources. 	<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"> • Signs of a problem. • Understanding stigma. • Effective treatment modalities – such as MAT. • Resources for help. 	<p>Wednesday, October 12</p> <p>Understanding Substance Misuse</p> <ul style="list-style-type: none"> • Define addiction and warning signs of substance misuse. • Identify when it's time to get help. • List resources to help with recovery. 	<p>National Depression and Mental Health Awareness and Screening Month</p> <ul style="list-style-type: none"> • Prevalence of depression. • Getting professional help. 	<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"> • Stress triggers during the holidays. • Importance of self-care. • Maintaining boundaries. 	<p>Wednesday, November 9</p> <p>Thriving Through the Holidays</p> <ul style="list-style-type: none"> • Describe why holidays are more stressful than other times of the year. • Identify your "limits" during the holidays. • Explain coping skills to help you stay emotionally healthy. 	<p>National Family Caregivers Month</p> <ul style="list-style-type: none"> • Watching for signs of depression. • Accepting offers of help. 	<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"> • Making time for self-reflection. • Identifying your priorities. • Creating goals. • Letting go of things that no longer fit. <p><i>Managers: Bringing Out the Best in Your Team</i></p>	<p>Wednesday, December 14</p> <p>The Power of Purpose</p> <ul style="list-style-type: none"> • Describe the importance of purpose for resilience and thriving. • Discuss benefits of purpose. • Identify strategies to live with intention and realize your meaning. <p><i>For managers</i></p> <p>Wednesday, December 7</p> <p>Leading With Purpose</p> <ul style="list-style-type: none"> • Describe the importance of purpose for leading resilient teams. • Discuss benefits of leading with purpose. • Identify strategies to lead with intention. 	<p>National Stress-Free Family Holidays Month</p> <ul style="list-style-type: none"> • Ideas for creating new holiday traditions that reduce stress. 	<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.