

EAP MONTHLY CAMPAIGN TOPICS: 2023

Month	Topic/Article	Live Webinar	Wellbeing Poster	Digital Signage	EAP Feature	Special Campaign
January	Finding Your Purpose	<p>Wednesday, January 11</p> <p>Mindfulness: Finding Your Purpose and Vision in a Changing World</p> <ul style="list-style-type: none"> • Define mindfulness. • Identify your unique gifts, talents and interests. • Discuss techniques to maintain your life purpose. 	<p>Begin with something positive. Wake up and do something that inspires you like journaling, walking in nature, or other hobbies to being your day with a positive mindset.</p>	Need help to stay on track with your 2023 goals? Call EAP today for lifestyle coaching.	Lifestyle Coaching	Mental Wellbeing Month
February	Healthy Relationships	<p>Wednesday, February 8</p> <p>Maintaining Positive Relationships</p> <ul style="list-style-type: none"> • Explain healthy relationships. • Identify the components of maintaining positive relationships. • Describe the importance of positive relationships at work and steps to deal with conflict. 	<p>Make the call or send the text. Strengthen your relationships with friends and family by sending a brief message to let them know you're thinking of them.</p>	Could you use some legal advice? Receive one free 60-minute consultation per issue, per year on the phone or in-person with an attorney or mediation expert.	Legal Services	National Cancer Prevention Awareness Month
March	Prioritizing Self-Care	<p>Wednesday, March 8</p> <p>Self-care Isn't Selfish</p> <ul style="list-style-type: none"> • Describe how to prioritize self-care. • Learn how to create emotional balance in your life. • Identify ways to incorporate self-care into your daily routine. <p><i>For managers</i></p> <p>Wednesday, March 22</p> <p>Self-care Awareness: Practicing What You Preach</p> <ul style="list-style-type: none"> • Describe self-care. • Discuss why self-care is important for you and your team. • Identify ways you can take care of yourself and encourage your team to do the same. 	<p>Schedule your appointments. Make sure you're getting those annual checkups at the doctor, recommended screenings, and visiting the dentist.</p>	Take control of your whole health—life, mind and body. Get started with relaxation and mindfulness techniques, strength-building activities, and more.	Digital Emotional Wellbeing Program	National Drug and Alcohol Facts Week

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April	Financial Wellbeing	<p>Wednesday, April 12</p> <p>Financial Setback? Regroup & Rebuild*</p> <ul style="list-style-type: none"> Assess where the financial setback occurs (income or expenses). Rebuild your finances in multiple areas. Practice steps to address behavioral changes and prevent future setbacks. <p><i>*This webinar is 60 minutes.</i></p>	<p>Start your day with a glass of water. Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health, and give you energy.</p>	<p>Be confident about your finances at every stage of life. Meet with a Money Coach today!</p>	Financial Wellness	National Stress Awareness Month
May	Managing Stress	<p>Wednesday, May 10</p> <p>Managing Life's Micro-Stressors</p> <ul style="list-style-type: none"> Define micro-stressors. Identify common sources and causes. Describe techniques to manage micro-stress. 	<p>Read a book. Reading is known to reduce stress levels by giving your brain a break from the busyness that weighs us down. Reading at night or before bed can even help you fall asleep!</p>	<p>We could all use help at times to deal with life's challenges. Schedule a confidential appointment with a counselor in-person or virtually.</p>	Counseling	Mental Health Month
June	Finding Joy at Work	<p>Wednesday, June 14</p> <p>Rediscovering Joy at Work</p> <ul style="list-style-type: none"> Understand what motivates you at work. Explore ways to build your strengths into each day. Learn how to focus on your professional growth. <p><i>For managers</i></p> <p>Wednesday, June 28</p> <p>Helping Staff Find Joy at Work</p> <ul style="list-style-type: none"> Describe the link between employee engagement and workplace productivity. List five obstacles that impact employees' joy at work. Identify ways to create a positive environment. 	<p>Try something new. It can be as simple as making a new recipe, signing up for a class, going to a town meeting, or taking a different route on your walk.</p>	<p>Need help getting organized, managing your time, or creating a positive work environment? EAP can provide useful tips for students and professionals.</p>	Career Assistance and Student Resources	LGBTQIA Pride Month

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July	Pursuing Happiness	<p>Wednesday, July 12</p> <p>The Pursuit of Happiness Using Positive Psychology</p> <ul style="list-style-type: none"> Define happiness and the role of positive psychology. Discuss barriers to happiness. Practice strategies to improve your wellbeing. 	<p>Get some fresh air. There is no such thing as bad weather. Take at least 30 minutes a day to get some vitamin D.</p>	<p>How do your thoughts and feelings affect your health? EAP offers many benefits that can help improve your mind and body wellbeing.</p>	<p>Living Healthy - Mind and Body</p>	<p>Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month</p>
August	Caring for Yourself and Others	<p>Wednesday, August 9</p> <p>Parenting With Your Best Self</p> <ul style="list-style-type: none"> Describe how to model positive relationships. Learn how to set boundaries. Identify how to prioritize self-care. 	<p>Spend some time alone. Pick a time, turn off social media and let your mind wander. You'll benefit from less stress, more mental strength and getting to know yourself better.</p>	<p>EAP can help you find high-quality, affordable, and reliable care for children and elders.</p>	<p>Child Care and Elder Care Services</p>	<p>National Back to School Month</p>
September	Becoming a Mental Health Ally	<p>Wednesday, September 13</p> <p>How to be a Mental Health Ally in Your Personal and Work-Life</p> <ul style="list-style-type: none"> Define what it means to be a mental health ally. Learn how to help someone who is struggling. Discuss how to foster a positive environment. <p><i>For managers</i></p> <p>Wednesday, September 27</p> <p>Promoting Psychological Safety in the Workplace</p> <ul style="list-style-type: none"> Explain how to build psychological safety. Review how a safe space improves employee wellbeing. Summarize best practices for a positive work culture. 	<p>Give your eyes a rest. Reduce the risk of tired eyes by looking away from your computer for at least 20 seconds in 20-minute intervals.</p>	<p>Get the support you need, when you need it. Connect with a counselor in less than 24 hours by text message, phone, chat, or video conference.</p>	<p>BetterHelp Virtual Therapy</p>	<p>Suicide Prevention Awareness Month</p>

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October	Connecting Your Diet and Mood	<p>Wednesday, October 11</p> <p>Leading an Anti-Inflammatory Lifestyle</p> <ul style="list-style-type: none"> Examine the connection between diet and mood. Define habits that promote an anti-inflammatory lifestyle. List foods that impact inflammation. 	<p>Eat real food. Incorporate real, whole, single-ingredient, and unprocessed foods into your day to improve your health, manage your weight, and give you energy.</p>	Get expert guidance, information and personalized referrals to service providers in your area. Contact EAP to speak with a specialist.	Work-Life Services	<p>National Depression and Mental Health Awareness and Screening Month</p> <p>World Mental Health Day</p>
November	Understanding and Overcoming Anxiety	<p>Wednesday, November 8</p> <p>Reducing Anxiety in the Moment and Beyond</p> <ul style="list-style-type: none"> Define signs and symptoms of anxiety. Identify skills you can develop to manage anxiety. Describe how to implement these techniques on a day-to-day basis. 	<p>Add movement to your day. Take a short walk, opt for the stairs instead of the elevator, or ride a bike or jog instead of driving.</p>	EAP makes it as easy as possible for you access counseling. Call EAP today and a staff member will contact providers directly to find the first available appointment for you.	Appointment Assist	National Family Caregivers Month
December	Emotional Well-being	<p>Wednesday, December 13</p> <p>Coping With Grief and Loss</p> <ul style="list-style-type: none"> Define grief, bereavement and mourning. Describe the experience of grief. Identify how to care for yourself as you grieve. <p><i>For managers</i></p> <p>Wednesday, December 6</p> <p>Emotional Wellbeing for Leaders</p> <ul style="list-style-type: none"> Understand the importance of emotional wellbeing to leaders and employees. List strategies to enhance your wellbeing. Describe ways to be a more effective leader. 	<p>Make a gratitude list. Write down 3 things you're grateful for every day for one month. The more grateful you are, the more reasons you'll have to be grateful.</p>	Identity theft impacts millions of Americans. Learn how to keep your personal information private and secure.	ID Theft Resoluton	National Stress-Free Family Holidays Month