

EAP MONTHLY UPDATE

JANUARY 2024

Welcome to the EAP Monthly Update!

In this busy world, it's common for many of us to eat while multitasking. You may eat at your desk or in your car or work vehicle, either in between or during meetings, and you barely notice it when you have finished eating. When your attention is elsewhere while you eat, also known as mindless eating, it can affect your wellbeing. This month, you can take charge of your eating by learning about mindfulness and improving your eating habits.

MONTHLY ARTICLE:

Eating Well For Your Mental Health

Nutrition and mental health are interconnected. The foods we eat affect our mental health, and our mental health status affects what and how well we eat. A healthy diet benefits your overall wellbeing, and consuming brain-healthy foods may help reduce your risk of depression and anxiety. Read the article on Eating Well for Your Mental Health in the Trending section on the [EAP website](#).



EAP FEATURED BENEFIT:

Lifestyle Coaching

Do you feel like you're spinning your wheels in pursuing a goal? A Lifestyle Coach can provide the supportive boost you need. The certified coaches can help you with career, work and educational concerns, relationships, sleep problems, weight management and more. Learn more on the [EAP website](#).



MIND YOUR MENTAL HEALTH

January is Mental Wellbeing Month

Mental wellbeing involves being able to cope effectively with the difficulties of life, having an awareness of your own abilities and opportunities, and having healthy relationships with yourself and others. The key to mental wellbeing is being proactive before issues arise. By focusing on improving mental wellbeing, finding healthy coping skills and building resiliency, you can overcome the hurdles of life and thrive.

A common culprit undermining people's mental wellbeing is the habit of emotional eating. Below are tips to help you identify and manage emotional eating.

- Keep a food journal. Track when you eat, what you eat and how you feel. Consider the emotions that drive you to eat certain foods to identify triggers.
- Look at what is underlying your cravings. They could be due to fatigue, low blood sugar, anxiety or depression.
- Pause when you have a craving and check in with yourself. Take a moment to pause and reflect, give yourself the opportunity to make a different choice to fulfill yourself emotionally.
- Practice mindful eating. Focus your mind on your food and the pleasure of a meal to curb overeating.

Visit the [Mind Your Mental Health web page](#) on the EAP website or call EAP at 1-866-EAP-4SOC (1-866-327-4762) TTY: 711 for confidential mental health resources.

Sources: Healthwise, Integrative Life Center

UPCOMING LIVE WEBINARS

January Webinar

Getting Control of Emotional Eating

Wednesday, January 10, 2024 | 11:00 – 11:45 a.m.

Description: This webinar helps attendees describe common causes and triggers behind emotional eating and identify strategies to gain control of emotional eating. Discover how to apply these strategies to improve health and wellbeing.

February Webinar

Teenager and Young Adult Mental Health Awareness

Wednesday, February 14, 2024 | 11:00 – 11:45 a.m.

Description: This webinar helps attendees discuss mental health versus mental illness. You will discuss common challenges with teens and young adults and list ways parents and loved ones can help.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the [EAP website](#). Scroll down to the bottom of the homepage. On the right side under the header for Featured Topics, click on the link for Access webinar.

Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to the [EAP website](#). Click on the Learning Center header. Scroll down on the Learning Center page. On the left side of the page, click on Webinars. Click on View More to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.