

## BOOK CLUB RECOMMENDATION:

*10% Happier*  
by: Dan Harris

*10% Happier* by Dan Harris offers an honest, often funny look at how mindfulness and meditation can make a real difference in everyday life. After experiencing a panic attack live on Good Morning America, Harris, a driven journalist, set out to find a healthier way to manage stress and quiet his inner critic.

Through his journey, Harris explores meditation with a healthy dose of skepticism and humor, discovering that mindfulness doesn't have to be mystical or intimidating. Instead, it's a practical tool for building focus, reducing stress, and finding balance. In this book we learn that even a small shift, becoming just "10% happier", can lead to meaningful improvements in mental health and overall well-being.

This book is a great pick for anyone curious about mindfulness or looking for approachable ways to bring more calm and clarity into their day.

[Find a copy of this book online.](#)

[Click Here or Scan to View on a Mobile Device >>](#)



**THRIVE WITH NATIONAL EAP**

## Join Us: Register Online.


Our upcoming webinars are designed to help you manage a changing environment and gain a better understanding of the importance of self-care.

[View the 2025 THRIVE Webinar Calendar & Register Online >>](#)

### November Webinar

#### Understanding Change: From Resistance to Resilience

 **Date: Wednesday, Nov 12, 2025**

 **Time: 12:00 – 12:30 PM ET**

Join us to increase your awareness of the emotions connected to change and learn practical skills to respond to and manage change effectively.

 [Register here](#)

[Watch Recent THRIVE Webinars >>](#)

### December Webinar

#### Embracing Self-Care

 **Date: Tuesday, December 16, 2025**

 **Time: 1:00 PM – 1:30 PM ET**

Join us to explore strategies to enhance your self-care routines and achieve more balance in your daily life.

 [Register here](#)

### Connect With Us On Social

**Follow National EAP on LinkedIn and Instagram!**

Access the latest news, resources, and insights related to your employee assistance programs.

**Follow Us On Social >>**



# Quarterly Edition: Lifelines Fall 2025 Newsletter



## Fall 2025 Edition of the Lifelines Newsletter

This quarterly publication is designed to **inspire, motivate, and empower** and includes everything you need to recharge and refocus this season. *Best of all, it's available in both English and Spanish,* making it more accessible than ever. This issue focuses on:

- Staying Connected to Combat Loneliness and Social Isolation
- Being a Positive Influencer
- Cultivating a Healthier and Happier Workplace
- How Friendships Improve Your Life

[DOWNLOAD](#) [SPANISH VERSION](#) >>

[DOWNLOAD](#) [ENGLISH VERSION](#) >>

## NEAP Blog

Each month we offer fresh insights, expert advice, and feature stories designed to empower your workplace. **Check out the full blog archive!**

### How to Address Quiet Quitting with Open Communication



### World Mental Health Day: Our Minds Matter





# Unplug and Recharge: Start and End Your Day Mindfully

## Reclaim your mornings and evenings by creating tech-free zones

In our constantly connected world, it's easy to feel like we're always "on." Emails, notifications, and endless scrolling can quietly drain our energy and attention before the day even begins, or long after it should have ended. By carving out intentional **tech-free zones** in the morning and evening, you can reset your mind, recharge your body, and bring more balance to your daily routine.

### Before Bed: Wind Down for Restful Sleep

*Create an environment that signals your body it's time to rest.*

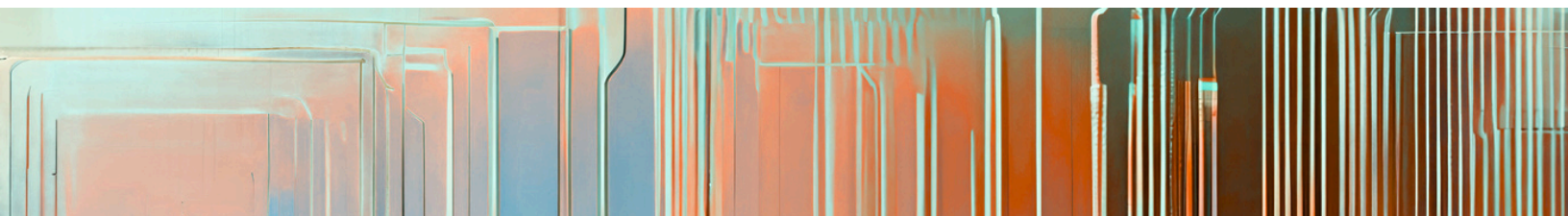
- **Dim the lights** an hour before sleep.
- **Unplug electronics** at least 30 minutes before bed.
- **Engage in relaxing activities** like reading, taking a warm bath, or listening to calming music.

**These simple shifts help your mind slow down and prepare for deep, restorative rest.**

### First Thing in the Morning: Begin with Intention

*Create an environment that signals your body it's time to rest.*

- **Resist the urge to immediately check your phone.**
- **Start your day with a mindful activity** like meditation, journaling, or spending time in nature.
- **Gradually increase your tech-free window** in the morning as you build the habit.
- **By creating these tech-free zones**, you can improve your sleep quality, reduce stress, and increase your overall well-being.





# November 2025 Awarenesses

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## THIS MONTH WE RAISE AWARENESS AND ACKNOWLEDGE:

### **International Stress Awareness Week (Nov 3 - 7)**

Take a moment to pause and check in on your mental well-being. Stress affects everyone, and taking time to recharge, set boundaries, and practice self-care helps us show up as our best selves, both at work and at home.

**[Download Quick Tips for Managing Stress resource flyer today.](#)**

### **National Family Caregivers Month**

Honoring the incredible individuals who care for loved ones, including aging parents, children, or family members in need. We recognize their dedication, compassion, and sacrifice, and encourage everyone to offer kindness and understanding to those balancing these important responsibilities.

**[Download the National Family Caregivers Month resource flyer today.](#)**

### **National Alzheimer's Disease Awareness Month**

Let's raise awareness show support for those impacted by Alzheimer's Disease. Together, we can help foster understanding, encourage early detection, and honor the resilience of families and caregivers affected by this condition.

**[Recorded Webinar: Exploring Care and Support Services](#)**

**[Recorded Webinar: Building Foundations of Caregiving](#)**

### **National Diabetes Awareness Month**

Bringing attention to diabetes prevention and management, as well as support for those living with the disease. Small lifestyle choices, like healthy eating, regular activity, and routine screenings, can make a big difference. Let's embrace healthier habits.

**Member Portal Resource: [Diabetes and Mental Health](#)**

# Member Resources

## [EAP Services](#)

**Support is available 24/7 through National EAP.**

If you or someone you know is struggling, call 800-624-2593 or [Contact Us Online](#) for free, confidential support, counseling, and crisis intervention.

**You can also call or text the 988 Suicide & Crisis Lifeline for immediate help.**

We offer confidential counseling, stress management resources, and guidance to support emotional wellness, and navigate personal or family health concerns.

## [THRIVE Webinars](#)

**Join our monthly THRIVE educational webinars** to level up your life. These webinars are designed to equip you with practical tools, insights, and strategies that support both personal wellbeing and professional success.

**[Click here to view previously recorded webinars.](#)**

## [Wysa](#)

**Download the App** by visiting your App store and searching for “Wysa”. This is a safe and supportive mental health resource that is easily accessible online, anonymous, and confidential, but is not a replacement for professional therapy services.

## [Request EAP Services](#)



## [View the THRIVE Webinar Calendar](#)



## [Download Wysa](#)



## [Member Portal](#)

**Log on to your member portal to access timely resources and articles related to:**

- [Social Unrest Across the USA](#)
- [Digital Wellness: Using Technology to Enhance Your Wellbeing](#)
- [Balancing Social Media and Real Life](#)

**Log on to your member portal and access recorded Online Seminars on:**

- [11/3/25: Resilient Workforces: Turning Stress into Strength](#)
- [11/18/25: Sweet Dreams: Strategy for Better Sleep and Better Health](#)
- [11/19/25: International Men's Day](#)

**Click or scan the code to the right to login.**

If you have difficulty logging on, contact us at [info@nationaleap.com](mailto:info@nationaleap.com).

## [Log In To Your Member Portal](#)



**Your company name is your username and password.**

# Upcoming Special Webinars

## 529's from State-to-State: How to Save for College

Presented by Ascensus



**Wednesday, November 12<sup>th</sup> at 4:00pm EST**

**Discover how manageable saving for higher education can be.**

This webinar is ideal for anyone looking to plan ahead and learn how 529 college savings plans work.



### What You'll Learn:

- The different types of 529 plans and why they matter
- State and federal tax benefits and who can save
- What qualifies as an eligible withdrawal
- What happens if the money isn't used for college



## World Diabetes Day Webinar: Practical Strategies for Everyday Wellness

Presented by Kelly's Choice

KELLY'S CHOICE  
DIETITIAN COMPANY

**Friday, November 14<sup>th</sup> at 12:00pm EST**

**Join us on World Diabetes Day for an informative and empowering session with Kelly Springer, MS, RD, CDN.** Learn how small changes can make a big impact on your health and well-being.



### In this webinar, you'll discover:

- Strategies for preventing and managing Type 1 and Type 2 diabetes
- Smart nutrition tips to balance blood sugar
- Lifestyle habits that support long-term wellness
- How to enjoy your favorite foods while maintaining healthy choices

