

BOOK CLUB RECOMMENDATION:

*Burnout: The Secret to
Unlocking the Stress
Cycle*

by: Emily & Amelia Nagoski

Burnout explores why so many people—particularly women—feel overwhelmed, exhausted, and emotionally depleted. Distinguishing between stressors (the things that cause stress) and stress itself (the physiological and emotional response), the book emphasizes that simply removing the stressor does not complete the stress cycle.

The key to avoiding burnout is to complete this cycle through physical activity, connection, rest, and creative expression. Also addressing the impact of societal pressures, the "human giver syndrome," this book also looks at the importance of self-compassion, connection, and setting boundaries to protect emotional well-being.

If you're feeling emotionally drained, overworked, or stuck in a cycle of stress, this book is for you. It's particularly relevant for women navigating modern expectations at home and at work.

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

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



THRIVE WITH NATIONAL EAP

Looking to boost your professional skills this summer?


Don't miss our upcoming webinars focused on emotionally intelligent leadership and communication.

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

July Webinar

Leadership Spotlight: Emotionally Intelligent Communication for Leaders

 **Date: Wednesday, July 9, 2025**

 **Time: 12:00 – 12:30 PM ET**

Understanding and managing our own emotions, as well as the emotions of others, is key to building strong interpersonal relationships. Join us to learn about the importance of emotional intelligence in leadership.


[Register here](#)

[Watch Recent
THRIVE
Webinars >>](#)

August Webinar

Communicating Well with Difficult People

 **Date: Wednesday, Aug 13, 2025**

 **Time: 1:00 – 1:30 PM ET**

Join us to discover strategies on how to successfully communicate with all types of people, even those who you may not see eye to eye with.

[Register here](#)

Connect With Us On Social

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Featured Service: Dedicated Client Services Team

Spotlight on Our Client Services Team: The Heart of Our Intake Process

The National EAP Client Services team of Care Coordinators support our members throughout their Employee Assistance Program (EAP) journey. These team members are not just the first point of contact for many of our members; they are experienced mental health professionals with deep expertise in mental and behavioral health services.

Our dedicated Client Services Team leads with compassion and clinical insight, as they guide individuals through the intake journey, ensuring each person feels heard, supported, and connected to the right care. By serving as a reliable guide and advocate, the team helps maximize the value and impact of EAP services for every member.

THE EAP EXPERIENCE



E - L E A R N I N G

Member Resources

Member Portal

Log on to your member portal to access resources and articles, including:

- Caring for a Loved One with a Disability
- Expressing a Commitment to Disability Inclusion
- Focusing on Employees with Disabilities in Your Worksite Wellness Program

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

- July 15th - The Power of Resilience
- August 19th - Connectedness: Cultivating Meaningful Social Connections

Log on to view previously recorded webinars on-demand:

- [Harmony in Motion](#)
- [Laughter Helps](#)

[Log In To Your Member Portal](#)



Your company name is your username and password.

If you have difficulty logging on, contact us at info@nationaleap.com.

National EAP Blog - Timely and Relevant

Each month, the National EAP blog delivers timely and seasonally relevant insights to help you navigate both workplace challenges and everyday life. From leadership tips to personal well-being strategies, our content is designed to support the whole person—professionally and personally.



Recent highlights include:

- [How Hidden Assumptions Shape Workplace Dynamics — and How We Can Shift Them](#)
- [How Physical Activity Boosts Mental Health This Spring](#)
- [Spring Cleaning for Your Mind: Mental Health Tips from EAP Professionals](#)

Stay tuned each month for fresh insights, expert advice, and feature stories designed to empower your workplace—and [check out the full archive on our blog page!](#)

July 2025: Disability Pride Month

We proudly recognize **July as Disability Pride Month**—an important time to honor the history, experiences, and achievements of individuals with disabilities. This month marks the **anniversary of the Americans with Disabilities Act (ADA), a landmark civil rights law passed in July 1990 that prohibits discrimination** and ensures equal opportunity for people with disabilities across all areas of public life.

Disability Pride Month is not just a celebration, it's about creating spaces where all individuals, regardless of ability, can thrive—personally and professionally.

As your EAP provider, we are committed to supporting individuals with visible and invisible disabilities through a wide range of services designed to foster wellbeing, accessibility, and empowerment.

RESOURCES AVAILABLE

EAP Services and Training

- **Confidential Counseling and Support Services** – for employees and family members navigating challenges related to disability, chronic illness, or caregiving responsibilities
To speak with a clinician, complete our NEW online EAP Intake form, or call us at 800-624-2593.
- **Organizational Services** - Support Employees in navigating these challenges and maintaining productivity in the workplace. **Contact us!**
- **Training and Education** – including workshops and webinars on disability awareness, inclusive communication, and bias reduction to help build more empathetic and accessible workplaces. **Contact our training partner, Athrú.**

Wysa

Download the App by scanning the QR code from a mobile device and follow the prompts to get started. *Your engagement is completely anonymous and confidential.*

During Disability Pride Month and beyond, Wysa provides a safe and supportive mental health resource to address your needs. Whether you're managing stress, anxiety, burnout, or experiencing discrimination, you can turn to Wysa for emotional support, or a boost in self-care, Wysa offers a confidential space to talk, reflect, and access professional help if needed—because everyone deserves to feel supported and understood.

wysa

Learn About

Wysa

