

BOOK CLUB RECOMMENDATION:

The 7 Habits of Highly Effective People

by Stephen R. Covey

The 7 Habits of Highly Effective People, by Stephen R. Covey is a self-help classic that provides a framework for achieving success through self-awareness, responsibility, and meaningful goal-setting. Covey's seven habits—ranging from being proactive to prioritizing self-care—are designed to help you take control of your actions, improve communication, and build stronger relationships.

This book highlights the seven habits as:

- **Be Proactive** – Focus on what you can control.
- **Begin with the End in Mind** – Set clear, value-based goals.
- **Put First Things First** – Prioritize what truly matters.
- **Think Win-Win** – Aim for mutually beneficial outcomes.
- **Seek First to Understand, Then to Be Understood** – Listen actively.
- **Synergize** – Collaborate to achieve more together.
- **Sharpen the Saw** – Take care of your whole self.

This book is valuable for anyone who wants to be more intentional, effective, and fulfilled—at work, at home, and in life.

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

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



THRIVE WITH NATIONAL EAP


Creating a Culture of Respect and Cooperation

Join us for our upcoming THRIVE webinars focused on understanding differences, and workplace collaboration.

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

May Webinar

Understanding & Respecting Differences

 **Date: Thursday, May 15, 2025**

 **Time: 1:00 – 1:30 PM ET**

Learn how embracing diverse perspectives can enhance workplace culture. This session will provide practical strategies to manage bias, promote inclusion, and celebrate diversity.

[Register here](#)

[Watch Recent THRIVE Webinars >>](#)

June Webinar

Working Collaboratively as a Team

 **Date: Wednesday, June 11, 2025**

 **Time: 1:00 – 1:30 PM ET**

Discover the power of teamwork! Explore techniques to strengthen team cohesion and leverage the unique strengths of team members for more effective collaboration.

[Register here](#)

Connect With Us On Social

Follow National EAP on
LinkedIn and Instagram!

Stay updated on the latest news, resources, and insights related to your employee assistance programs.

Click the icons to follow us >>



Member Benefits

Unlock Your Potential with Member Portal Resources

Your go-to destination for growth and support is just a click away! Our Member Portal offers a wealth of resources to help you navigate challenges, achieve your goals, and thrive personally and professionally.

Upcoming On-Demand Online Seminars

Anxiety Unmasked

Available on Demand May 20th

Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.

Pride Awareness Month

Available on Demand June 1st

Learn about promoting self-affirmation and equality while increasing the visibility of LGBTQ+ people.

Thriving at Any Age: A Guide to Healthy Aging

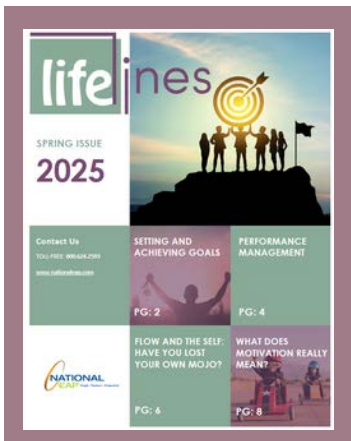
Available on Demand June 17th

Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor checkups into your daily routine for improved wellbeing as you age.

[Log In to the Member Portal >>](#)

Your username and password are your company's name

Quarterly Edition: Lifelines Spring 2025 Newsletter



Spring 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:

- Setting and Achieving Goals
- Performance Management
- Flow and the Self
- What Does Motivation Really Mean?

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ENGLISH VERSION](#) >>

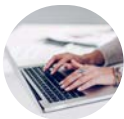
MY EAP: A Comprehensive Overview of Your EAP Services

MY EAP is your centralized hub for everything your Employee Assistance Program has to offer through National EAP.

This webpage outlines the full range of services available to support your emotional, mental, and physical well-being.

Click Below to Access My EAP!

My EAP »



ONLINE MEMBER PORTAL

Resources, articles, interactive content, and a dedicated mindful channel



EAP SERVICES: 24/7/365

Confidential counseling and support



WORK-LIFE SERVICES

Connecting you with consultations and referrals to help with life challenges.



WYSA: AI MENTAL RESILIENCE APP

24/7 access to an AI chatbot, mindfulness activities to build resilience



FOOD & NUTRITION: EDUCATION & REFERRAL SERVICES

Referrals to virtual 1:1 medical nutrition counseling

My EAP
Welcome to Your Employee Assistance Program Hub

Your organization's Employee Assistance Program, provided by National EAP, offers a range of services designed to support your well-being. From here, you can easily access EAP services, explore online resources, log in to the Member Online Portal, and discover mental health, wellness, and health and nutrition referral options. **Get Started by Selecting a Service Below.**

EAP SERVICES
Our confidential Employee Assistance Program (available 24/7/365) is designed to support you and immediate household members, whenever and wherever you need it. You can call and speak with a counselor immediately, at any time. EAP sessions and referral services are excellent resources to tackle life or workplace challenges. Sessions are available in person, by telephone, and via video.
Contact us today to start addressing the challenges you are facing.
Call: 800-624-2593 or click below to contact us today
[Contact Us](#)

WORK-LIFE SERVICES
Life can be unpredictable, and we're here to support you every step of the way. Our Work-Life Services are designed to connect you with experts and community resources quickly, helping you save time and reduce stress.
Whether you need childcare and eldercare referrals, legal consultation, housing assistance, or financial and ID theft consultations, we've got you covered.
[Contact Us](#)

ONLINE MEMBER PORTAL
Discover a wealth of resources designed to support you and your family. Our user-friendly Member Portal offers convenient access to articles, interactive content, self-assessments, and a dedicated Mindful Channel — all focused on enhancing your well-being.
Log in using your company's username and password to get started.
[Get Started](#)

WELLNESS SERVICE
AI-POWERED MENTAL RESILIENCE APP
We're excited to introduce **Wysa**, an AI-powered mental resilience app designed to support your well-being through evidence-based practices rooted in Cognitive Behavioral Therapy (CBT). Wysa offers 24/7 access to an AI chatbot, along with mindfulness activities to help build resilience and improve your mental health.
wysa
Best of all, the Wysa app is free, and your engagement remains completely confidential.
[Learn More](#)

WELLNESS SERVICE:
FOOD & NUTRITION EDUCATION AND REFERRAL SERVICES
National EAP connects members with Virtual 1:1 Medical Nutrition Counseling, provided by Registered Dietitians through our collaboration with Kelly's Choice. Our referral service ensures that each member receives personalized nutrition support tailored to their unique health needs.
KELLY'S CHOICE
DIETITIAN COMPANY
[Learn More](#)

May is Mental Health Awareness Month

This month is a time to focus on and appreciate the importance of mental well-being, emotional resilience, and seeking support when it's needed. It's a reminder that taking care of your mental health is just as vital as caring for your physical health.

We encourage open conversations, reduce stigma, and shine a light on the resources available to help you thrive — both at work and in life.

RESOURCES AVAILABLE

National EAP is here to support you with resources that focus on managing stress. Log on to the Member Portal to access resources and articles that focus on managing stress, setting boundaries, or reaching out for support, prioritizing mental health.

Member Portal

Log on to your member portal to access "The Mental Health Benefits of Staying Organized" by clicking or scanning the QR code.

Your company name is your username and password. If you have difficulty logging on please contact us at info@nationaleap.com.

[Log In To Your Member Portal](#)



Wysa

As National EAP's new EAP Wellness platform, Wysa is your mental resilience app designed to support your well-being.

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.

wysa



[Learn About Wysa](#)



Member-Exclusive Webinar

Leveraging Your Employee Assistance Program for Mental Wellness

Tuesday, May 20th at 12:30 pm

Discover how your Employee Assistance Program (EAP) can support your mental health and wellness and walk away with practical strategies for maintaining well-being at work and beyond.

[Register for the Webinar](#)



MEMBER-EXCLUSIVE WEBINAR

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Discover how your Employee Assistance Program (EAP) can support your mental health and wellness and walk away with practical strategies for maintaining well-being at work and beyond.



Tuesday
20 May 2025



12:30 PM - 1:00 PM ET



MEGHAN BECK, LCSW
Director of EAP Operations
National EAP

Register





Mental Health First Aid Training

offered by Athrú, training division of National EAP

This Training Covers:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Dates: June 17 & June 24

Time: 10:00 am EST – 1:30 pm EST

Location: Zoom

SHRM PDCs: 7.5

Cost:

\$199 pp for National EAP Members

\$265 pp for Non-Members



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

REGISTER >>



Featured Employee Service

Housing Resources

Keeping a roof over your head shouldn't be a constant worry.

If you or your family are facing housing challenges—whether you're behind on rent, at risk of eviction, or searching for stable, affordable housing—**National EAP is here to help.**

We can connect you with trusted resources including:

- Emergency housing support
- Rental assistance programs
- Referrals to local agencies that specialize in housing stability

Our goal is to help you feel secure, supported, and empowered to move forward.

**You're Not Alone
Reach Out Today**



www.nationaleap.com

800.624.2593