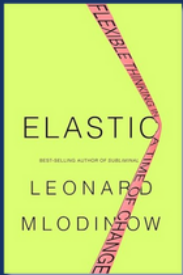


National EAP NEWSLETTER

November 2024



NEAP BOOK CLUB RECOMMENDATION

**Elastic: Flexible Thinking in a
Time of Change**

by Leonard Mlodinow

Elastic: Flexible Thinking in a Time of Change by Leonard Mlodinow is a compelling exploration of how to adapt and thrive in an ever-changing world. Mlodinow, a renowned physicist and author, delves into the science behind flexible thinking and provides practical insights on how to cultivate this essential skill.

For National EAP clients, this book offers valuable guidance on navigating the complexities and uncertainties of modern life. Whether you're facing organizational change, personal challenges, or simply seeking to enhance your problem-solving abilities, Elastic equips you with the tools to think creatively and adaptively.

Mlodinow's insights are particularly relevant for those in leadership roles or those responsible for managing teams. By fostering flexible thinking, you can better anticipate challenges, respond to unexpected situations, and lead with agility. This approach not only strengthens your ability to cope with change but also empowers you to drive innovation and growth within your organization.

Reading Elastic will help you develop a mindset that embraces change rather than resists it, making it an invaluable resource for anyone looking to stay resilient and effective in today's dynamic environment.

For More Information:

[CLICK HERE](#)



www.nationaleap.com



THRIVE WEBINAR EVENT



Wellness Wonderland: A Journey to Wellbeing During the Holidays

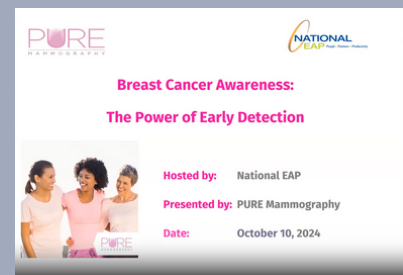
The holiday season is often filled with joy, festivities, and cherished moments with loved ones. Yet, it can also come with its own set of challenges—stress, overindulgence, and a feeling of being overwhelmed.

To help you navigate these pressures and truly enjoy the season, we invite you to join us on **November 13th at 12pm EST** for a special session dedicated to rediscovering the true spirit of the holidays. During this webinar, we'll explore practical strategies to maintain your wellbeing, find balance, and thrive throughout the holiday season. Make your health and happiness a priority this year!

[Register Today >>](#)

Breast Cancer Awareness: The Power of Early Detection

Presented by:



[CLICK HERE TO WATCH
ALL THRIVE WEBINARS](#)



800.624.2593



CAREGIVER AWARENESS MONTH

**WE SEE YOU.
WE HEAR YOU.
WE ARE HERE FOR YOU.**

November is National Caregivers Month. This month we aim to recognize, honor, and raise awareness for caregivers.

At National EAP, we recognize the stress that comes along with caregiving and are offering **two Webinar Events** this month through the **Alzheimer's Association**.



Want to learn more about Caregiving and Eldercare resources? To Access Your Member Portal or Mindfulness Solution, [CLICK HERE](#)



NOVEMBER WEBINARS

Building Foundations of Caregiving
Tuesday, November 5th @ 1pm EST

Join National EAP in welcoming Diane Zoeller of the Alzheimer's Association - LI Chapter for a fantastic Webinar event. Participants will explore the role of caregivers, learn about the five areas of the person-centered care approach, and identify action steps that can help lower caregiver stress.

[CLICK HERE](#) to register for this special event!

Exploring Care and Support Services
Thursday, November 14th @ 1pm EST

Join National EAP in welcoming Bernhard Sengstock of the Alzheimer's Association - LI Chapter to learn how to best prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

[CLICK HERE](#) to register for this special event!

DEVELOP AN ATTITUDE OF GRATITUDE TO BOOST YOUR HAPPINESS WITH OUR MINDFULNESS APP



A simple but effective way to increase our happiness and wellbeing is with gratitude. Practicing gratitude means intentionally noticing the good in our lives. When we start to observe the little wins in our daily life, these moments add up and create a healthy balance from life's challenges.

The mental health benefits of gratitude practice include improved mood, reduced stress, relieved depression, enhanced empathy, strengthened relationships and better sleep. A regular gratitude practice even positively impacts immune system function.

Gratitude is a skill that can be developed with mindfulness practice. [Sign up for eM Life to get started.](#)

DON'T HAVE AN ACCOUNT? SIGN UP TODAY!

Mindfulness practice is proven to help reduce stress, ease anxiety, improve mood and build resilience. [Sign up to get started.](#)

WHEN YOU SIGN UP FOR OUR WELLNESS APP YOU HAVE ACCESS TO:

- Live 14-minute mindfulness programs led by experts multiple times a day
- Live programs covering everything from managing anxiety to chronic conditions
- Hundreds of hours of on-demand content you can watch on your own time
- Access to expert-led communities to gain support and connect to your purpose

CHECK OUT THESE ON-DEMAND PROGRAMS TO KICK OFF YOUR GRATITUDE PRACTICE:

- [Grateful & Happy](#)
- [Gratefully All In](#)
- [An Attitude of Gratitude](#)