



BOOK CLUB RECOMMENDATION:

Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals

by: Michael Hyatt

Your Best Year Ever presents a clear, five-step plan to help readers set and achieve meaningful goals. Hyatt explains how to overcome limiting beliefs, create goals that inspire action, and build habits that support long-term success. The book blends practical strategies with motivating insights, making the process of personal and professional growth feel achievable rather than overwhelming.

Readers will explore the themes of resilience, accountability, and intentional change. This book offers tools that can be used to reduce stress, navigate challenges, and create healthier patterns in both work and life.

This book is well-suited for anyone seeking direction, motivation, or a fresh approach to goal-setting, especially those experiencing burnout, life transitions, or simply wanting to make consistent progress toward their most important goals.

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

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



2026 THRIVE Educational Webinar Schedule



Prioritize Growth and Well-Being

Kick off 2026 with two powerful THRIVE webinars designed to help you grow both personally and professionally. Together, these sessions offer practical tools and meaningful insights to help you lead with clarity, purpose, and authenticity in the year ahead.

Mark your calendars and register online!

January Webinar

Leading from Within: Self-Awareness for Professional Development

 **Date: Wednesday, January 21st, 2026**

 **Time: 12:30 PM – 1:00 PM ET**

Explore how understanding yourself can elevate your behavior, integrity, and overall impact in the workplace

 [Register here](#)



NEAP Members:
[Watch Recorded
THRIVE
Webinars >>](#)

February Webinar

Values at Work: Aligning What Matters with How You Lead

 **Date: Tuesday, February 10th, 2026**

 **Time: 1:30 PM – 2:00 PM ET**

Dive into how your core values influence decisions, communication, and leadership, especially in challenging moments.

 [Register here](#)



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

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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.

Request EAP Services



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, or scan the QR code to access 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.

Member Portal

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

- New Year's Resolutions for Mental Health
- Taking Stock of Your Support Resources
- Video: New fitness guidelines for the new year
- Take Charge of Your Health

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

- 1/20/26: Staying on Track: 7 Practical Strategies for Goal Commitment

Click or scan the code to the right to login.

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

Log In To Your Member Portal



Your company name is your username and password.



Register for 2026 Thrive Educational Webinars

The National EAP (NEAP) THRIVE Educational Webinars are designed to equip you with practical tools, insights, and strategies that support both personal wellbeing and professional success. Ongoing education and proactive support are essential to helping individuals and organizations flourish. **Mark your calendar and register for 2026 webinars!**

Date & Time	Topic & Registration Link	Registration QR Code
Wed., January 21 12:30pm – 1:00pm ET	<u>The Power of You: Self-Awareness at Work</u>	
Tues., February 10 1:30pm – 2:00 pm ET	<u>Values at Work: Aligning What Matters with How You Lead</u>	
Wed., March 18 12:30 pm -1:00 pm ET	<u>Managing Emotional Hot Buttons</u>	
Thurs., April 14 1:30 pm – 2:00pm ET	<u>Mindful Momentum: Managing Time with Intention</u>	
Thurs., May 13 12:30 pm – 1:00pm ET	<u>The Habit Loop: Rewiring Your Routine for Success</u>	
Wed., June 16 1:30 pm – 2:00 pm ET	<u>Choices That Count: Elevating Your Decision Making at Work</u>	
Wed., July 15 12:30pm – 1:00pm ET	<u>A Journey to Stronger Workplace Communication</u>	
Tues., August 11 1:30pm – 2:00 pm ET	<u>The Quiet Superpower: Active Listening</u>	
Wed., September 16 12:30 pm -1:00 pm ET	<u>Clear the Air: Resolving Conflict with Confidence</u>	
Tues., October 13 1:30 pm – 2:00pm ET	<u>Refill Your Cup: Strategies for Work/Life Balance</u>	
Wed., November 18 12:30 pm – 1:00pm ET	<u>Cognitive Overload: Managing Mental Clutter</u>	
Tues., December 15 1:30 pm – 2:00 pm ET	Unstuck and Unstoppable: Reclaiming Your Power	Coming Soon



January 2025 Awareness: National Mental Wellness Month

PRIORITIZING OUR WELL-BEING

January marks a new beginning and a chance to set the foundation for a healthier, more balanced year. As we recognize National Mental Wellness Month, it's the perfect time to reflect on what supports our emotional well-being and to recommit to habits that help us feel grounded, connected, and resilient. Prioritizing mental wellness doesn't require sweeping changes—small, intentional steps can have a powerful impact. Here are a few ways to start:

Tips for Prioritizing Your Well-Being This Month

- **Practice daily check-ins:** Take a moment each day to ask yourself how you're feeling mentally, physically, and emotionally.
- **Set healthy boundaries:** Protect your time and energy by saying no when necessary and creating space for what matters.
- **Move your body:** Regular movement, even gentle stretching or walking, can boost mood and reduce stress.
- **Stay connected:** Reach out to friends, family, or colleagues—community and conversation can help lighten emotional load.
- **Create moments of rest:** Schedule time to unplug, breathe, and recharge without guilt.
- **Seek support when needed:** Talking to a counselor or using available resources is a sign of strength, not weakness.

Mental wellness isn't about eliminating stress; it's about developing tools and practices that help us navigate life's challenges with clarity and resilience.



Unlocking the Full Value of Your EAP

Life doesn't pause when work begins, and neither do the challenges, stressors, or unexpected moments that can pull us off balance. That's where your **Employee Assistance Program (EAP)** comes in. Your EAP is a confidential support system designed to help you navigate life's ups, downs, and everything in between.

Our mission at National EAP is **to give you the tools, guidance, and human connection you need to feel grounded, supported, and empowered, every day.**

What You Gain by Using Your EAP

- Personalized Consultations
- Access to Multiple Expert Services
- Support for Both Work and Personal Challenges
- Practical Tools for Everyday Wellness

What Happens When You Contact National EAP

Reaching out is simple—and supportive from the very first step. You can expect:

- **Confidentiality:** Your privacy is fully protected.
- **Quick Response:** Timely access to the right level of care.
- **Empathy & Compassion:** Real humans who genuinely want to help you feel better.
- **Ongoing Support:** Continued resources and follow-up, so you're never left to figure things out alone.

Don't Hesitate to Reach Out to National EAP (NEAP) or Visit Your Member Portal for Online Resources.

Contact NEAP Today:



Call: 800-624-2593



Email: info@nationaleap.com



Visit: www.nationaleap.com

Access Your Member Portal Online >>

