

## BOOK CLUB RECOMMENDATION:

***Brave, Not Perfect***  
by: Reshma Saujani

In *Brave, Not Perfect*, Reshma Saujani (the founder of Girls Who Code) explores how the pressure to be perfect holds so many of us, especially women, back from living boldly. Through research, personal stories, and real-life examples, she illustrates how the quest for perfection often leads to burnout, anxiety, and missed opportunities.

Readers are encouraged to embrace courage over flawlessness, showing that bravery, imperfect, uncomfortable, and sometimes messy, is what truly enables growth and fulfillment. This book provides also practical tools for identifying perfectionist habits and replacing them with small, brave actions.

*Brave, Not Perfect* breaks down complex emotional patterns in ways that feel both validating and actionable. This is a valuable read for anyone looking to challenge old patterns and step more confidently into new opportunities.

**Find a copy of this book online.**

**Click Here or  
Scan to View on a  
Mobile Device >>**



## Prioritize Growth and Well-Being

As the year comes to a close and a new one begins, take time to refocus on you. Our December and January webinars are designed to help you embrace self-care and strengthen your self-awareness.

**Be sure to mark your calendars and register online!**

[Watch  
Recorded  
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](#)

### January Webinar

#### Leading from Within: Self-Awareness for Professional Development

 **Date: Wednesday, January 21<sup>st</sup>, 2026**

 **Time: 12:30 PM – 1:00 PM ET**

Join us to explore how self-awareness can shape professional behavior and unlock your potential at work.

 [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 >>**



# 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.](#)**



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



### [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.

### [Download Wysa](#)



### [Member Portal](#)

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

- Building Healthy Sleep Habits
- Keeping Holiday Stress at Bay
- Making Time for Yourself
- Maintaining Your Team's Resilience During a Crisis

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

- 12/15/26: The Science of Stress: Tools for Thriving at Work and Home

**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.**



# Plan Ahead: 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. We empower participants to thrive at work and beyond. **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><a href="#">The Power of You: Self-Awareness at Work</a></u>	
Tues., February 10 1:30pm – 2:00 pm ET	<u><a href="#">Values at Work: Aligning What Matters with How You Lead</a></u>	
Wed., March 18 12:30 pm -1:00 pm ET	<u><a href="#">Managing Emotional Hot Buttons</a></u>	
Thurs., April 14 1:30 pm – 2:00pm ET	<u><a href="#">Mindful Momentum: Managing Time with Intention</a></u>	
Thurs., May 13 12:30 pm – 1:00pm ET	<u><a href="#">The Habit Loop: Rewiring Your Routine for Success</a></u>	
Wed., June 16 1:30 pm – 2:00 pm ET	<u><a href="#">Choices That Count: Elevating Your Decision Making at Work</a></u>	

To view the complete 2026 THRIVE  
Educational Webinar Schedule, visit  
[www.nationaleap.com/resources/thrive](http://www.nationaleap.com/resources/thrive)





# December 2025 Awareness: Seasonal Affective Disorder (SAD) Awareness

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## TIPS FOR WELL-BEING THIS WINTER

As the days get shorter and sunlight becomes scarce, many people experience changes in mood and energy that can be linked to Seasonal Affective Disorder (SAD). While symptoms vary, practical strategies can help boost resilience and maintain emotional well-being throughout the winter months.

**Below are some tips that can help alleviate the effects of SAD:**

- **Maximize Your Light Exposure** - Open blinds, sit near windows, or take a quick morning walk to boost mood and regulate your internal clock.
- **Boost Your Indoor Lighting** - Brighten your space with warm lamps and spend time in the sunniest areas of your home or workplace.
- **Move Your Body** - Even short bursts of activity can lift mood and increase energy. Choose movement you enjoy.
- **Keep a Routine** - Consistent sleep, meals, and daily habits help stabilize mood. Try to keep regular hours.
- **Stay Connected** - Plan time with friends, family, or community groups—social connection can counter winter withdrawal.
- **Nourish Yourself** - Eat foods that provide steady energy, and go easy on excess caffeine and sugar.
- **Create a Cozy Environment** - Use warm lighting, soft textures, and small décor touches to brighten your indoor space.
- **Practice Mindfulness** - Brief moments of breathing, stretching, journaling, or meditation can help reduce stress.
- **Seek Support When Needed** - If symptoms feel overwhelming, reach out to a mental health professional for guidance.



# Upcoming Special Webinars

## Stay Healthy During the Holidays

Presented by Kelly's Choice

**Thurs, December 18th at 12:00 pm**

The holiday season is full of joy — and plenty of delicious food

**Join us to learn practical tips to:**

- 🎄 Enjoy holiday meals without guilt
- 🥗 Make smart, satisfying food choices
- 💪 Stay energized and balanced all season long

 **REGISTER NOW**



## NEAP Blog

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

### **The Role of Gratitude in Reducing Stress and Boosting Morale**



**LATEST BLOG:**

**The Role of Gratitude in Reducing Stress and Boosting Morale**

[READ ONLINE >>](#)





# Finding Balance in the New Year: The Power of Setting Intentional Goals

As we prepare to welcome a new year, many of us feel inspired to make changes that bring more meaning, stability, and joy into our lives. While “New Year’s resolutions” often come with pressure or unrealistic expectations, setting intentional, achievable goals can be a powerful tool for supporting balance and mental health throughout the year ahead.

## Why Set Goals?

Goals give us direction and purpose. They help us clarify what matters most, guiding our decisions and creating a sense of control during a time of year that can otherwise feel chaotic. Thoughtful goals can reduce stress, build confidence, and help us prioritize self-care.

## Here are a few tips to make goal setting a little less stressful:

- **Start Small** - Choose goals that feel realistic and manageable. Simple habits like taking a daily walk, creating a bedtime routine, or scheduling monthly check-ins with friends can have a big impact.
- **Aim for Balance** - Consider goals that support different parts of your life—emotional, physical, social, and personal. Ask yourself what helps you feel grounded, joyful, and restored.
- **Focus on Progress, Not Perfection** - Every step forward counts. Celebrate small wins and be gentle with yourself when things don’t go as planned.
- **Adjust as You Go** - Your goals can evolve. Revisit them throughout the year and make changes that reflect your current needs and priorities.

## Ready to Jumpstart Your Goals?

Start the new year with intention! [Download our New Year Goal-Setting Worksheet](#) and take the first step toward a balanced, fulfilling year.

