



Weather the Storm—Together

Winter storms can affect each of us differently. As you prepare for severe weather, we encourage you to prioritize self-care, extend compassion to others, and remain mindful of the many responsibilities people may be managing at home.

Take Care of Yourself

- Follow local safety advisories and stay indoors when possible
- Dress warmly and keep essentials (food, water, medications) within reach
- Step away from constant news updates to reduce stress
- Practice small acts of self-care: rest, hydrate, and breathe

Be Mindful of One Another

- Remember that colleagues may be caring for children, elderly, or loved ones
- Home situations vary. What feels manageable for one person may be overwhelming for another
- Lead with patience, flexibility, and understanding

Respect Boundaries

- Work is important, but so is well-being
- Set and honor healthy boundaries during severe weather
- Allow space for others to balance safety, caregiving, and work responsibilities

NEAP Is Here for You

If the storm brings added stress, anxiety, or emotional strain, you don't have to handle it alone. National EAP offers 24/7 confidential support and resources.

Member Portal: Access articles on preparing for a winter storm, managing stress, and staying safe during a storm.



Wysa: Mental Resilience App

Log into Wysa, our CBT-based app for personalized emotional support and self-care tools.



EAP Services - Available 24/7

 [Complete the Online EAP Intake Form](#)



 Call NEAP at 800-624-2593

 Visit [nationaleap.com/my-eap](https://www.nationaleap.com/my-eap)