



### BOOK CLUB RECOMMENDATION:

**Emotional Intelligence:**  
*Why It Can Matter More Than IQ*  
by: Daniel Goleman

In *Emotional Intelligence*, psychologist Daniel Goleman explores why success at work and in life depends not only on intellectual ability, but also on how well we understand and manage emotions, our own and those of others. Goleman introduces five core components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Together, these abilities influence how we handle stress, communicate under pressure, resolve conflict, and build meaningful relationships in the workplace and beyond.

*Emotional Intelligence* offers practical insight into recognizing emotional triggers, responding more thoughtfully in challenging situations, and strengthening empathy and listening skills. This book is especially relevant for managers and supervisors who want to lead with empathy, employees navigating workplace stress or change, and anyone interested in personal growth and healthier relationships.

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

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### 2026 THRIVE Educational Webinar Schedule



### LEAD WITH PURPOSE

You're invited to participate in two engaging webinars designed to support values-based leadership and emotional resilience at work.

**Mark your calendars and register  
online!**

#### February Webinar

##### **Values at Work: Aligning What Matters with How You Lead**

 **Date: Tuesday, February 10, 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](#)



#### March Webinar

##### **Managing Emotional Hot Buttons**

 **Date: Wednesday, March 18, 2026**

 **Time: 12:30 PM – 1:00 PM ET**

Learn to recognize emotional triggers or "hot buttons" and develop strategies for responding with intention rather than reaction.

 [Register here](#)



### Connect With Us On Social

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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.

[Learn about upcoming webinars](#)



## **Wysa**

Download Wysa, our CBT-based mental resilience app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools. 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](#)



## **NEAP Member Portal**

Your go-to destination for resources that help you navigate challenges, achieve your goals, and thrive personally and professionally.

### **Members Have Access to:**

- Exclusive Resources:** Access guides, articles, and tools to support your mental health, career, and personal development.
- On-Demand Seminars:** Learn at your own pace with recorded sessions covering topics like stress management, leadership, and effective communication.
- Self-Assessments:** Participate in self-guided assessments to better understand your stress levels, communication style, or emotional well-being.

[Log In To Your Member Portal](#)



**Your company name is your username and password.**

### **Access recorded Online Seminars on:**

- 2/17/26: The Role of Hobbies in Work-Life Balance
- 3/17/26: Breaking Barriers: Empowering Women at Work

[Contact us online if you are experiencing difficulty logging in.](#)

# NEAP BLOG

## CHECK OUT THE LATEST NEAP STORIES

Our newest post, **Cultivating Connection: Strengthening Relationships at Work and Beyond**, offers practical strategies for building meaningful connections, enhancing teamwork, and fostering stronger relationships both in and out of the workplace. Dive in for insights that can help you create a more connected and supportive environment every day.

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NEAP Blogs >>](#)



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## NEAP Blog

News, articles, and clarity from National EAP.



**Cultivating Connection:  
Strengthening Relationships at  
Work and Beyond**

[Work-Life Balance & Family Support](#)

Simple, intentional actions that help strengthen relationships at work and in life.



**How to Address Quiet Quitting  
with Open Communication**

[Employee Engagement & Productivity](#)

Quiet quitting is a coping mechanism leaders must address through curiosity, psychological safety, and clear communication.



**Managing Back-to-School  
Anxiety: How EAPs Can Help  
Families Prepare**

[Mental Health & Wellbeing](#)

EAPs support families managing back-to-school anxiety with counseling, work-life resources, and parenting support.



**Beat the Summer Slump:  
Staying Productive and  
Energized at Work**

[Employee Engagement & Productivity](#)



**How Hidden Assumptions  
Shape Workplace Dynamics —  
and How We Can Shift Them**

[Inclusive & Supportive Workplace Culture](#)



**How Physical Activity Boosts  
Mental Health This Spring**

[Mental Health & Wellbeing](#)

Spring physical activity, especially outdoors, is vital



# FEBRUARY 2025 AWARENESS: AMERICAN HEART MONTH

## NURTURE YOUR HEART, NOURISH YOUR LIFE

February is American Heart Month—a reminder that our hearts deserve attention, care, and protection. While heart disease remains a leading cause of death, much of it is preventable. The good news? Small, consistent changes in our daily habits can have a profound impact on cardiovascular health.

### Lifestyle Choices Matter

While age and genetics are beyond our control, lifestyle choices are powerful tools in protecting our hearts. Factors like diet, physical activity, stress management, sleep, and avoiding tobacco all play a critical role in keeping your heart strong.

### Quick Tips for a Stronger Heart:

- **Eat Smart:** Load up on fruits, veggies, whole grains, and lean proteins. Skip processed foods and added sugar.
- **Move Daily:** 150 minutes of activity per week keeps your heart pumping strong. Walk, dance, bike—just get moving!
- **Quit Smoking:** Every cigarette avoided is a win for your heart.
- **Manage Stress:** Try deep breathing, meditation, or a mindful moment each day.
- **Sleep Well:** 7–9 hours of rest lets your heart recharge.

### Heart + Mind = Wellness

A healthy heart goes hand-in-hand with mental well-being. Chronic stress, anxiety, and social isolation can strain your cardiovascular system. Staying connected with loved ones, engaging in activities that bring joy, and practicing mindfulness are all essential components of heart health.

