



Fuel Your Wellbeing

Small choices can make a big difference.

Whether you're looking to eat better, manage stress around food, or create a healthier routine for yourself and your family, NEAP tools and resources make it easier to get started.

Nutrition and overall wellness play an important role throughout our lives—not only in what we eat, but in how we care for our bodies, minds, and daily routines.

Healthy habits can support:

- **Energy and focus** for work, school, and daily life
- **Emotional well-being** and stress management
- **Long-term health** through disease prevention and healthy aging
- **Balance and self-care** in daily routines



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

Tips for Mindful Nutrition

- **Listen to your body** – Eat when you're hungry, stop when you're full.
- **Choose balance** – Include fruits, vegetables, protein, and whole grains.
- **Stay hydrated** – Water supports energy, focus, and digestion.
- **Eat with awareness** – Enjoy meals without distractions.
- **Plan ahead** – Keep healthy snacks and meals ready for busy days.

How Can National EAP Help?

▶ Member Portal

Explore a rich library of articles, webinars, and tools.

Log in and search "nutrition" to find relevant content.



▶ Food & Nutrition Wellness:

Kelly's Choice offers practical nutrition and wellness tools to support healthier habits and lifestyle balance. Speak with NEAP to request a Nutrition Referral.



▶ Work-Life Resources:

From caregiving-related legal and financial guidance to help navigating elder care, child care, or chronic illness support, our resource network is available 24/7.

