



### BOOK CLUB RECOMMENDATION: **Search Inside Yourself** by Chade-Meng Tan

**Search Inside Yourself** by Chade-Meng Tan, a Google engineer, combines mindfulness, emotional intelligence, and neuroscience to teach practical strategies for personal and professional growth. The book offers exercises to cultivate self-awareness, empathy, focus, and resilience, ultimately aiming to enhance both well-being and workplace performance.

Readers gain insight into:

- Managing stress through mindfulness and self-awareness
- Building emotional intelligence to improve workplace relationships
- Practicing self-compassion to boost resilience
- Enhancing focus, productivity, and attention
- Leading with empathy to create supportive work environments

This book is ideal for those who want to reduce stress, improve workplace relationships, or strengthen leadership skills. It's particularly useful for employees, managers, HR professionals, and anyone interested in mindfulness, emotional intelligence, and creating a healthier, more compassionate work environment.

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

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



### 2026 THRIVE Educational Webinar Schedule



## LEAD WITH PURPOSE

You're invited to participate in two engaging webinars designed to support emotional resilience at work and time management.

**Mark your calendars and register online!**

### 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](#)**



### April Webinar

#### Mindful Momentum: Managing Time with Intention

 **Date: Thursday, April 14, 2026**

 **Time: 1:30 PM – 2:00 PM ET**

Explores how mindfulness can transform the way we approach time, shifting from reactive scheduling to intentional planning.

 **[Register here](#)**



## Connect With Us On Social

Follow National EAP on  
LinkedIn and Instagram



# 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.

## 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.

## 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.

## Request EAP Services



## Learn about upcoming webinars



## Download Wysa



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## 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:**

- 3/8/26: Breaking Barriers: Empowering Women at Work
- 4/21/26: Managing the Juggle: Practical Tips for Multi-Role Success

**Contact us online if you are experiencing difficulty logging in.**

# SUPPORTING WELL-BEING DURING A SEASON OF CHANGE

March often feels like a turning point. The days grow longer, routines begin to shift, and many employees find themselves navigating a unique mix of personal and professional demands.

***While spring is often associated with renewal, it can also bring added stress.***

At work, deadlines remain steady. At home, calendars fill quickly. Add in the transition to daylight saving time and the pressure many people feel around finances, and it's easy for stress to quietly build.

Change, even positive change, takes adjustment. ***This month is a good opportunity to pause, reset, and focus on your well-being.***

## COMMON STRESSORS INCLUDE:

- Financial concerns connected to tax preparation and budgeting
- Disrupted sleep and fatigue after the time change
- Increased workload as teams push toward spring goals
- Family and caregiving responsibilities that intensify as schedules shift

## SIMPLE WAYS TO SUPPORT YOUR WELL-BEING THIS MONTH

- **Protect your sleep.** Go to bed a little earlier after the time change and limit screens at night.
- **Break tasks into steps.** Smaller goals help reduce overwhelm.
- **Take short recovery breaks.** A quick walk, stretch, or pause can help reset.
- **Talk it out.** Sharing what you're carrying can lighten stress.

## HOW YOUR EAP CAN HELP

National EAP (NEAP) is your EAP provider and offers confidential support for everyday challenges and more complex concerns, including:

- Stress, anxiety, and burnout
- Work-life balance and time management
- Financial and legal concerns, including guidance around budgeting and planning
- Parenting, caregiving, and family challenges
- Short-term counseling and referrals for ongoing support

### Contact National EAP Today for Assistance

📞 Call National EAP at 800-624-2593

🌐 Visit [nationaleap.com/contact](https://nationaleap.com/contact) to submit your request online

📄 [Complete the Online EAP Intake Form](#)





# MARCH 2025 AWARENESS: NATIONAL NUTRITION MONTH

Good nutrition is the foundation of physical and mental health. This month, take small steps to fuel your body and mind. Try incorporating more fruits, vegetables, and whole grains into your meals, and remember to stay hydrated throughout the day. Even small changes, like swapping a sugary snack for a piece of fruit, can make a big difference over time. Consider using this month as a chance to explore new recipes, meal prep strategies, or mindful eating habits that support your long-term wellness.

## FOCUS ON FUELING YOUR BODY & MIND

- Add more fruits, vegetables, and whole grains to your meals
- Stay hydrated throughout the day
- Swap sugary snacks for healthier options
- Try a new healthy recipe or meal prep strategy
- Practice mindful eating. Focus on taste, texture, and portion

## NEAP RESOURCES

- **Member Portal:** Login to access articles, recorded seminars, and resources to support your nutrition wellness
- **Food & Nutrition Wellness:** Referrals are available for expert nutrition counseling to support weight management, diabetes, cardiovascular health, hormonal balance, gut health, stress management, and overall wellness.





# MARCH 2025 AWARENESS: DEVELOPMENTAL DISABILITIES AWARENESS MONTH

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Observed each March, **Developmental Disabilities Awareness Month** recognizes individuals with developmental disabilities and promotes understanding, inclusion, and meaningful participation in all areas of life, including the workplace.

## HOW TO BE MORE INCLUSIVE AT WORK

Small actions can make a big difference in creating a culture where everyone feels respected and supported:

- **Use inclusive and respectful language** and avoid assumptions about a person's abilities or needs.
- **Practice active listening** and give colleagues the time and space to share their ideas and perspectives.
- **Support accessibility** by using clear communication, accessible meeting formats, and flexible tools or schedules when possible.
- **Be open to different working styles**, recognizing that people may approach tasks, communication, or collaboration in different ways.
- **Promote belonging on your team** by inviting participation, acknowledging contributions, and ensuring everyone has a voice.
- **Continue learning about developmental disabilities** to better understand challenges, strengths, and opportunities for inclusion.

## NEAP RESOURCES

- **Member Portal:** Login to access articles, recorded seminars, and resources to support your nutrition wellness
- **EAP Services:** If you or a colleague needs support, National EAP (NEAP) is always here for you visit [www.nationaleap.com/contact](http://www.nationaleap.com/contact) to connect with us.