

BOOK CLUB RECOMMENDATION:

Burnout: The Secret to Unlocking the Stress Cycle

by Emily Nagoski, PhD &
Amelia Nagoski MDA

Burnout: The Secret to Unlocking the Stress explores the science behind stress and emotional exhaustion, particularly why burnout happens and how to recover from it. The authors explain that dealing with stressors is not enough; people must also “complete the stress cycle” to help the body return to a state of balance.

The book offers practical, research-based strategies for managing stress and improving well-being, including how to:

- Recognize and complete the body’s stress response cycle
- Manage emotional exhaustion and overwhelm
- Set healthier boundaries and reduce unrealistic expectations
- Prioritize rest, connection, and self-compassion
- Challenge negative self-talk and perfectionism

This book is **especially valuable** for employees **experiencing chronic stress or workplace burnout**, caregivers and parents **balancing multiple demands**, and managers and leaders **looking to support employee well-being**.

With a compassionate and relatable approach, Burnout provides readers with actionable tools to better understand stress, build resilience, and create healthier, more sustainable habits for everyday life.

Obtain a copy of this book online.

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



2026 THRIVE Educational Webinar Schedule



LEAD WITH PURPOSE

Join us for two engaging lunchtime webinars focused on building practical skills to support your growth at work and beyond. These sessions strengthen communication and improve decision-making with greater clarity and confidence.

June Webinar

Choices That Count: Elevating Your Decision Making at Work

 **Date: Tuesday, June 16, 2026**

 **Time: 1:30 PM – 2:00 PM ET**

Explore how to strengthen your decision-making skills with clarity, confidence, and intention.

 [Register here](#)



July Webinar

Bold & Balanced: Mastering Assertive Communication at Work

 **Date: Wednesday, July 15th**

 **Time: 12:30 PM – 1:00 PM ET**

Learn how to speak up with confidence and navigate workplace conversations successfully.

 [Register here](#)



Connect With Us On Social



EMPOWERING RESOURCES

Work–Life Balance & Flexibility: Tips for Employees

Work–life balance works best when it’s actively managed, not left to chance. Here are practical ways employees can make flexibility work for them:

Set clear boundaries

- Define your work hours and stick to them when possible
- Turn off notifications after hours or during personal time
- Communicate availability clearly to your team

Prioritize and plan

- Identify 2–3 key priorities each day
- Block focused work time on your calendar
- Break larger tasks into smaller steps

Protect your well-being

- Take real lunch breaks away from your desk
- Use vacation time fully and guilt-free
- Build in short breaks during the day

Small, consistent habits help make flexibility sustainable over time.

NEAP Blog

Mid-year often brings urgency to assess progress on annual goals—but it’s just as important to realign performance with purpose.

Our latest blog, *The Mid-Year Check-In: Aligning Values and Performance*, shares practical ways to make these conversations more meaningful by connecting performance, values, engagement, and well-being.

[Read the blog today >>](#)

Communicate proactively

- Raise workload concerns early
- Ask for clarity when priorities are unclear
- Request realistic timelines when needed

Create separation

- Set up a dedicated workspace if working from home
- Use routines to start and end your workday
- Avoid letting work spill into all hours

NEAP Blog
News, articles, and clarity from National EAP.

The Mid-Year Check-In: Aligning Values and Performance
Employee Engagement & Productivity
A mid-year check-in is a powerful opportunity to realign performance with purpose, strengthen engagement, and ensure both employees and organizations are supported for the second half of

The EAP Advantage: Supporting Mental Health in the Moments That Matter
Mental Health & Wellbeing
Mental health affects all aspects of life: work, family, and community. This month, we highlight how an EAP can offer support for stress, relationships, work-life balance, and more. Learn

Supporting Caregivers in the Workplace: Building a Culture of Care Together
Work-Life Balance & Family Support
Balancing work and caregiving responsibilities can be challenging, but no one has to do it alone.



JUNE 2026: MEN'S HEALTH MONTH

Men's Health Month is a reminder to prioritize both physical and mental well-being. From preventive checkups to open conversations about mental health, taking proactive steps can lead to longer, healthier lives. This June, encourage the men in your life (including yourself), to take charge of health.


Healthy Tips:


- **Schedule checkups:** Don't delay annual physicals, screenings, or routine dental and vision care.
- **Talk about mental health:** Stress and anxiety are common—check in and speak openly or seek support when needed.
- **Move daily:** Regular activity like walking, sports, or strength training supports long-term health.
- **Prioritize sleep:** Consistent, quality sleep improves mood, focus, and overall wellness.
- **Manage stress:** Use simple tools like breathing, time outdoors, or short breaks during the day.
- **Encourage accountability:** Support the men in your life in taking the first step toward better health.

If you're feeling overwhelmed or unsure where to start, your **Employee Assistance Program (EAP)** is a confidential, no-cost resource designed to support you. EAP services can help with stress, mental health concerns, work-life balance, and connecting you to the right care when needed.

Contact NEAP for Support

 **Call** National EAP at 800-624-2593

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

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





JUNE 2026:

CELEBRATING PRIDE MONTH

June is Pride Month - a time to recognize, honor, and celebrate inclusion. By supporting equality both in and out of the workplace we continue to foster a culture where everyone feels seen, heard, and valued.

This month, we reflect on what inclusion looks like in action:

- **Creating safe, welcoming spaces** where everyone feels respected and supported
- **Listening and learning from diverse voices** to better understand lived experiences
- **Championing equity and fairness** in policies, practices, and opportunities
- **Celebrating individuality and authenticity** as essential parts of a strong community
- **Continuing education and awareness** around LGBTQ+ history, rights, and experiences


Inclusion is not a single initiative, but an ongoing commitment that shapes how we work, collaborate, and grow together.


NEAP Support

- **Confidential counseling and emotional support** for stress, identity-related concerns, or mental health challenges
- **Guidance during life transitions** such as coming out, family conversations, or relationship changes
- **Support navigating workplace dynamics** and fostering a sense of safety and belonging at work
- **Referrals to affirming community resources** and specialized providers when additional support is needed
- **Wellbeing resources for individuals and families** that promote resilience and connection

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FEATURED SERVICE: BETTERHELP



Direct Access to Licensed Therapy Online Through NEAP

As part of your NEAP EAP benefits, you have access to **BetterHelp**, the world's leading online therapy platform.

Whether you're managing stress, navigating relationships, or simply need someone to talk to, BetterHelp gives you convenient access to licensed therapists through your preferred format: **chat, phone, or video**—on your schedule.

You'll be matched with a therapist based on your individual preferences and needs, including:


- Gender, cultural background, orientation, and faith
- Focus areas such as stress, anxiety, depression, grief, addiction, couples therapy, LGBTQ+ support, teen counseling, and more


Why BetterHelp through National EAP?

- Flexible, private therapy from anywhere
- No commute or waitlists
- A personalized match to fit your goals and comfort

Connect with NEAP to Access BetterHelp

 **Call** National EAP at 800-624-2593

 **Visit** nationaleap.com/contact to submit your request online

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

