

**BOOK CLUB
RECOMMENDATION:**

Stolen Focus

by Johann Hari

In *Stolen Focus*, Johann Hari explores why it can feel harder than ever to concentrate, stay present, and focus on what matters. Drawing on research and interviews with experts, Hari examines how technology, stress, sleep, our environments, and the demands of modern life can affect our ability to pay attention.

The book offers insights and practical ideas for protecting our attention, creating healthier habits, and making space for deeper focus and meaningful connection.

This book is a valuable read for anyone who feels distracted, overwhelmed, or constantly pulled in different directions. It's especially relevant for employees and leaders looking to improve focus, reduce digital distractions, and create healthier, more sustainable ways of working and living.

Get your copy of this book online.

**Click Here or
Scan to View on a
Mobile Device >>**



**2026 THRIVE
Educational
Webinar Schedule**



LEAD WITH PURPOSE

Strong communication is key to a healthy, productive workplace. Join us for two THRIVE webinars that provide practical strategies you can apply right away to improve workplace communication and connection.

September Webinar

Clear the Air: Resolving Conflict with Confidence



Date: Wednesday, September 16th



Time: 12:30 PM – 1:00 PM ET

Learn practical tools to approach workplace conflict with clarity, composure, and confidence.

[!\[\]\(206536f97fdb267876a3a10ea42b0254_img.jpg\) Register here](#)



October Webinar

Refill Your Cup: Strategies for Work/Life Balance



Date: Tuesday, October 13th



Time: 1:30 PM – 2:00 PM ET

Learn practical strategies for restoring energy, setting boundaries, and creating space for what matters most.

[!\[\]\(8891837fe1b5b26680f2ee7b0ea5318e_img.jpg\) Register here](#)



Connect With Us On Social





UPCOMING WEBINARS

Suicide Awareness Month: Recognizing Warning Signs and Providing Support

Thursday, September 10 | 12:00 PM ET

in collaboration with Wysa

In recognition of Suicide Awareness Month, this 30-minute webinar will help managers and employees feel more prepared to support someone in need.



Suicide Awareness Month When Someone Is Struggling: Knowing the Signs & How to Help

Tuesday, September 22 | 12:30 PM ET

in collaboration with PNNY

Join us to learn:

- How to recognize the warning signs of suicide
- How to respond when someone may be struggling
- Discover practical ways to offer support and connect someone to help.



Building Brain Healthy Habits

Thursday, September 24 | 12:00 PM ET

in collaboration with the Alzheimer's Association

Your brain health matters at every age. In this informative session, you'll discover:

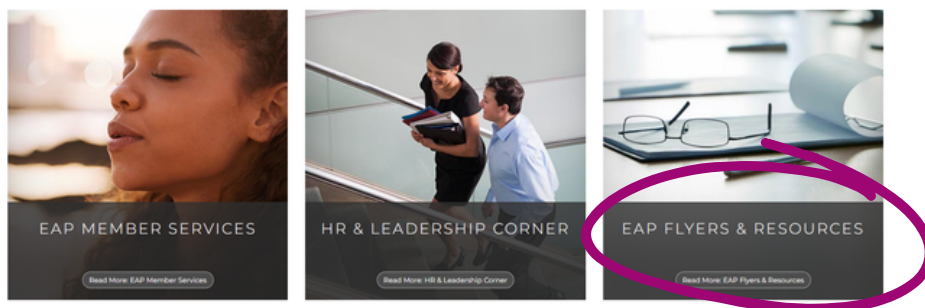
- The connection between heart and brain health
- Why healthy habits make a difference
- Simple strategies to support cognitive wellness
- How to create a personalized brain health action plan



EXCLUSIVE MEMBER RESOURCES

Navigating to NEAP EAP Member Portal

Visit the **NEAP EAP Member Portal** to explore **EAP Flyers & Resources** available for you and your entire household!



Check them out by:

1. Clicking on “EAP Flyers & Resources”
2. Selecting the type of flyer you’re looking for:
 - a. General EAP Overview Material
 - b. EAP Services Available
 - c. Newsletters
 - d. Monthly Awareness Calendar & Flyers
 - e. Topical Flyers
 - f. THRIVE Webinars

[Log In to the
Member Portal >>](#)



*Your username and password
are your company's name*

Upcoming On-Demand Online Seminars & Podcasts

- **9/10/26: Preventing Tragedy: Empowering Supportive Conversations**
 - To drive awareness of World Suicide Day, this webinar was created to raise awareness and learn supportive actions to help save lives.
- **10/10/26: World Mental Health Day**
 - Provide the tools and techniques to help individuals take a positive and active approach to prioritizing their own mental wellbeing.



YOUR WELLBEING RESOURCE

Healthy Productivity vs. Hustle Culture

Being productive shouldn't mean being constantly busy.

In a culture that often celebrates being busy, it can be easy to believe that working harder, staying constantly connected, and checking one more thing off the to-do list are signs of success. But there's an important difference between healthy productivity and hustle culture.

Healthy Productivity is Working with Intention

- **Prioritizing what matters most** instead of trying to do everything.
- **Setting realistic boundaries** around work hours, emails, and availability.
- **Taking meaningful breaks** to recharge your attention and energy.
- **Making time for rest and life outside of work.**
- **Recognizing your limits** and asking for support when you need it.
- **Celebrating progress**, rather than measuring your worth by how much you accomplish.

Signs You May Be Hustling Too Hard

- You feel guilty taking breaks.
- You're always checking emails or messages.
- You have trouble disconnecting from work.
- You say "yes" even when your plate is full.
- You measure your success by how much you accomplish.
- You regularly sacrifice sleep, meals, or personal time to get more done.

Try This Shift

Instead of asking, "How much can I get done today?" ask, **"What is most important today—and what do I need to do it well?"**

Productivity isn't about maximizing every minute. It's about using your time and energy in ways that support your goals and your well-being.

This September, give yourself permission to work sustainably. A healthier approach to productivity can help reduce stress, protect your energy, and make room for the things that matter beyond your to-do list.



SEPTEMBER 2026:

SUICIDE PREVENTION AWARENESS MONTH

Suicide Prevention Awareness Month is a time to raise awareness, reduce stigma, and remind one another that support can make a difference. Open conversations about mental health can help people feel safer asking for help—and help others know how to respond.

Why it matters at work

Mental health challenges can affect anyone. Creating a workplace where people feel supported and comfortable speaking up can reduce isolation and encourage people to seek help when they need it.

You don't need to have all the answers. Sometimes, listening, showing you care, and helping someone connect with support can be an important first step.

How you can support colleagues

- Check in when you notice changes in someone's mood or behavior
- Listen without judgment and take concerns seriously
- Encourage professional support when needed
- Know where to find workplace and community resources
- Help create a culture where mental health conversations are welcomed

A conversation can open the door to support. Being present and showing you care matters.

Support is always available

At NEAP, confidential support and resources are available to you and your family whenever needed. 24/7 EAP support means you don't have to navigate a difficult moment alone.

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](#)



SEPTEMBER 2026: RECOVERY AWARENESS MONTH

Recovery Awareness Month is an opportunity to recognize the strength and resilience involved in recovery from mental health and substance use challenges. It's also a reminder that recovery looks different for everyone—and that support and connection matter.

Why it matters at work

People in recovery are part of every workplace and community. A supportive environment can reduce stigma and create space for people to focus on their well-being while continuing to thrive professionally.

Recovery isn't always a straight line. Compassion and understanding can help people feel more comfortable seeking support and maintaining the resources that help them stay well.

How you can support colleagues

- Lead with compassion and avoid judgment
- Respect privacy and personal boundaries
- Encourage access to appropriate support
- Focus on the person, not their diagnosis or past
- Help create a workplace where asking for help is seen as a strength

Recovery is a journey, and everyone deserves the opportunity to pursue it with dignity, support, and hope.

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

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