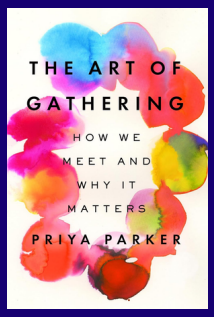
NEAP
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NEAP Newsletter

Your Employee Assistance Program

November 2026



BOOK CLUB RECOMMENDATION:

The Art of Gathering: How We Met and Why it Matters
by Priya Parker

In *The Art of Gathering*, Priya Parker explores how to create meaningful and memorable gatherings with purpose and intention. She challenges readers to rethink meetings, events, and social occasions, emphasizing that successful gatherings go beyond bringing people together—they create opportunities for connection, engagement, and lasting impact.

The book offers practical strategies for defining a clear purpose, choosing the right guests, establishing ground rules, and encouraging authentic interaction. Parker shows how thoughtful planning can transform ordinary gatherings into meaningful experiences.

The Art of Gathering is a valuable read for anyone looking to strengthen relationships and create more engaging experiences. It is especially relevant for employees, leaders, and teams seeking to improve meetings, foster collaboration, and build a more connected workplace culture.

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

Mental well-being starts with understanding what holds us back and finding strategies to move forward with confidence and clarity. Join us for these THRIVE webinars to gain practical tools to manage mental clutter, overcome self-doubt, and reclaim your power.

November Webinar

Cognitive Overload: Managing Mental Clutter

📅 **Date: Wednesday, November 18th**

🕐 **Time: 12:30 PM – 1:00 PM ET**

Join us to explore the causes and impact of cognitive overload and how to clear the clutter.

🔗 **Register here**

December Webinar

Unstuck and Unstoppable: Reclaiming Your Power

📅 **Date: Tuesday, December 15th**

🕐 **Time: 1:30 PM – 3:00 PM ET**

Join this webinar to explore practical tools to overcome self-doubt, build confidence, and reclaim your power.

🔗 **Register here**

Connect With Us On Social



UPCOMING WEBINARS

Home for the Holidays and the Family Dynamic

Tuesday, November 17th
12:00 PM ET - 12:30 PM EST
presented by Wysa

Join us to learn strategies to help make the holiday season feel more balanced, intentional, and manageable.

Secure your spot >>



2027 THRIVES: MARK YOUR CALENDAR

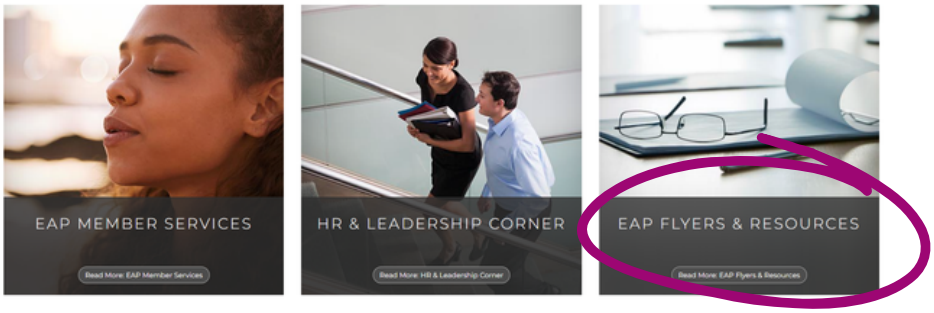
Mark your calendars and register for the 2027 THRIVE Webinars.

Month	Topic
Jan 20, 2027	More of What Matters – Creating an intentional and meaningful year
Feb 17, 2027	Networking Without the Ick
Mar 1, 2017	Feedback Without the Flinch - Receiving feedback without getting defensive
Apr 21, 2027	Financial Fitness for Real Life
May 19, 2027	Thriving in the Age of AI: Why human skills still matter
Jun 16, 2027	The Power of Boundaries – Protecting your time without the guilt
Jul 21, 2027	Back-to-School Success: Pre-K and beyond
Aug 18, 2027	Career Resilience – Staying adaptable, relevant, and ready
Sep 15, 2027	The Sandwich Generation - Caring for aging parents while working
Oct 20, 2027	Generations at Work: Bridging difference, building connections
Nov 17, 2027	Better Together: The Power of Workplace Relationships
Dec 15, 2027	Finish Strong: Reflection, Recovery & Renewal

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 house hold!



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

- **11/4/26: The Science of Stress: Tools for Thriving at Work and Home (International Stress Awareness Week)**
  - Explore science-based techniques to reduce stress and strengthen resilience at work and home.
- **11/19/26: Strong Yet Struggling: Rethinking Men's Mental Wellbeing (International Men's Day)**
  - Highlight men's roles, health, and wellbeing while fostering dialogue on gender balance.



MANAGING HOLIDAY STRESS WITHOUT THE PRESSURE OF PERFECTION

The holiday season can bring joy, connection, and celebration, but it can also bring added stress from busy schedules, family commitments, financial pressures, and the desire to make everything perfect. Remember, the holidays don't have to be picture-perfect to be meaningful. Prioritizing your well-being and setting realistic expectations can help you enjoy the season with less stress and more balance.

Tips for a Less Stressful Holiday Season

- **Set realistic expectations:** Focus on what matters most to you rather than trying to do it all.
- **Protect your time:** It's okay to say no to commitments that leave you feeling overwhelmed.
- **Create a budget:** Plan holiday spending in advance to reduce financial stress.
- **Make time for yourself:** Prioritize rest, enjoyable activities, and moments to recharge.
- **Focus on connection, not perfection:** Meaningful time with loved ones matters more than perfect meals, gifts, or decorations.
- **Ask for support:** Share responsibilities with others and reach out when you need help.

Remember, Your Well-Being Matters

You don't have to do everything or meet every expectation to make the holidays special. Give yourself permission to simplify, embrace imperfection, and enjoy the moments that matter most.

Need extra support?
Your NEAP EAP offers resources and confidential support to help you navigate seasonal stress and other life challenges.

Contact NEAP today!
📞 **Call National EAP** at 800-624-2593
🌐 **Visit** nationaleap.com/contact to submit your request online
📋 **Complete the Online EAP Intake Form**

Did You Know?

89% of U.S. adults surveyed reported that concerns such as finances, missing loved ones, or family conflict caused them stress during the holiday season.
(source: APA, 2023)



NOVEMBER 2026:
NATIONAL FAMILY CAREGIVER AWARENESS

National Family Caregivers Month is a time to recognize and appreciate the millions of individuals who provide care and support to loved ones. Caregiving can be deeply rewarding, but it can also bring emotional, physical, and financial challenges. This month is an opportunity to raise awareness, recognize caregivers' contributions, and encourage them to prioritize their own well-being while caring for others.

Why it matters at work

Many employees balance professional responsibilities with caring for children, aging parents, spouses, or other loved ones. These responsibilities can contribute to stress, fatigue, and challenges with work-life balance. A supportive workplace helps caregivers feel understood and empowered to seek assistance when needed.

How you can support colleagues

- **Show empathy and understanding:** Recognize the challenges caregivers may face.
- **Encourage work-life balance:** Support flexibility when possible.
- **Share available resources:** Promote employee assistance programs and caregiving support services.
- **Check in regularly:** Offer a listening ear without making assumptions.
- **Encourage self-care:** Remind caregivers that their well-being matters, too.

Supporting caregivers starts with compassion, flexibility, and understanding. Small gestures can help caregivers feel valued and remind them that they do not have to navigate every challenge alone.

Contact NEAP for Support

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NOVEMBER 2026:
NATIONAL ALZHEIMER'S AWARENESS

National Alzheimer's Awareness Month is an opportunity to increase understanding of Alzheimer's disease and other forms of dementia, recognize those affected, and support individuals and families navigating these challenges. It is a time to learn about warning signs, reduce stigma, and encourage compassionate conversations about brain health, caregiving, and support.

Why it matters at work

Alzheimer's disease can affect employees directly or through a loved one's diagnosis. Employees may be balancing work with caregiving responsibilities, coping with uncertainty, or supporting family members experiencing cognitive changes. Awareness and understanding can help create a workplace where people feel comfortable seeking support without fear of judgment.

How you can support colleagues

- **Learn and share:** Explore reliable information about Alzheimer's disease and dementia to help increase awareness.
- **Lead with compassion:** Be patient and understanding with colleagues who may be navigating a difficult diagnosis or caregiving role.
- **Reduce stigma:** Approach conversations about cognitive health with respect and sensitivity.
- **Offer a listening ear:** Let colleagues know you are available to listen without judgment or assumptions.
- **Know where to find support:** Familiarize yourself with caregiving resources and employee assistance programs that may be helpful to you or others.

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NOVEMBER 2026:
NATIONAL DIABETES AWARENESS

National Diabetes Awareness Month is a time to raise awareness about diabetes, encourage healthy habits, and highlight the importance of prevention, early detection, and ongoing management. It provides an opportunity to learn about risk factors, recognize the challenges of living with diabetes, and promote informed conversations about health and well-being.

Why it matters at work

Diabetes can influence daily routines, energy levels, medical needs, and overall well-being. Colleagues living with diabetes may need to monitor blood glucose, manage medication, plan meals, or attend medical appointments during the workday. Understanding these needs helps foster a more inclusive and supportive workplace.

How you can help make a difference

- **Stay informed:** Learn about diabetes, its risk factors, and ways to support overall health.
- **Encourage healthy habits:** Make time for movement, balanced meals, hydration, and regular breaks.
- **Be understanding:** Respect that diabetes affects everyone differently and avoid making assumptions about someone's health.
- **Support your colleagues:** Be considerate of others' health needs and daily routines.
- **Prioritize your own health:** Keep up with recommended checkups and talk with a healthcare professional about any concerns.

Small steps toward awareness and understanding can make a meaningful difference. This month, let's encourage informed health choices and support one another in making well-being a priority.

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NOVEMBER 13TH IS:
WORLD KINDNESS DAY

World Kindness Day, observed on November 13, is a reminder that small acts of kindness can have a meaningful impact on individuals, teams, and communities. Whether it is offering encouragement, lending a helping hand, or taking time to listen, kindness helps strengthen connections, build trust, and create a more positive environment for everyone.

Why it matters at work

Work can bring deadlines, competing priorities, and stressful situations. Simple acts of kindness can help reduce tension, strengthen teamwork, and support emotional well-being. When we treat one another with respect and compassion, we help create a workplace where everyone feels valued, included, and appreciated.

How you can support an inclusive workplace

- **Offer a genuine compliment:** Recognize a colleague's effort, contribution, or achievement.
- **Practice active listening:** Give others your attention and make space for their perspectives.
- **Lend a helping hand:** Offer support when a teammate is managing a busy workload.
- **Express appreciation:** Thank colleagues for the everyday things they do.
- **Choose empathy:** Approach differences and challenges with patience and understanding.

Kindness doesn't have to be grand to make a difference. This World Kindness Day, let's make compassion part of our everyday interactions and remember that even the smallest gestures can help someone feel seen, valued, and supported.

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