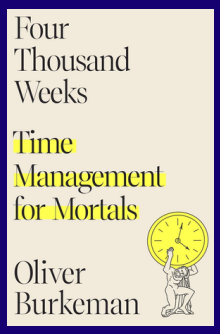
NEAP Newsletter

NATIONAL EAP

Your Employee Assistance Program

December 2026



BOOK CLUB RECOMMENDATION:

Four Thousand Weeks: Time Management for Mortals
by Oliver Burkeman

What if the answer to feeling overwhelmed isn't getting better at managing time, but changing the way we think about it?

In *Four Thousand Weeks: Time Management for Mortals*, Oliver Burkeman offers a different take on productivity and our constant effort to fit more into already-full days.

Instead of promising a better system for getting everything done, Burkeman encourages readers to accept that we simply can't do it all. By recognizing our limits, we can become more intentional about our priorities, protect our attention, and spend more time on what matters most.

Four Thousand Weeks is an insightful read for anyone feeling pulled in too many directions. For employees and leaders alike, it offers a timely reminder that productivity isn't about doing more. It's about making thoughtful choices about what deserves our limited time and attention.

Get your copy of this book online.

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

2026 THRIVE Educational Webinar



START THE YEAR RIGHT!

As the year comes to a close, join us for our final THRIVE Webinar of 2026.

Our monthly educational webinar series has continued to grow, and we're excited to carry that momentum into a full lineup of THRIVE webinars in 2027.

After registering for December's webinar, keep reading for a look at what's ahead!

December Webinar
Unstuck and Unstoppable: Reclaiming Your Power
📅 **Date: Tuesday, December 15th**
🕐 **Time: 1:30 PM – 2:00 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

2027 THRIVES: MARK YOUR CALENDAR

Get a head start on 2027.
Register early for the THRIVE Webinar Series and make professional growth part of your plan for the year ahead.

Month	Topic
Jan 20, 2027	More of What Matters – Creating an intentional and meaningful year
Feb 17, 2027	Networking Without the Ick
Mar 12, 2027	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

LATEST BLOG:

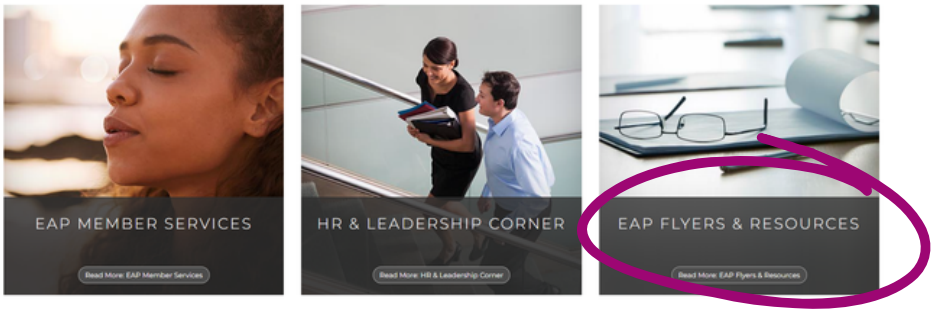
Reflecting on Progress:
Year-End Wellness and Renewal



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

Holiday Wellness - Online Resources & Tools

Explore resources available through the member portal to help you and your loved ones prioritize well-being throughout the holiday season.

- Avoid Holiday Debt
- Emotional Wellness Toolkit
- Holiday Hints for Alzheimer's Caregivers
- Keeping Holiday Stress at Bay
- When You're Not Going Home for the Holidays

Log in to the Member Portal to access these resources.



LOOKING BACK, MOVING FORWARD

As the year comes to a close, it's natural to start thinking about what comes next. Before jumping into new goals and plans, however, taking time to reflect on the year behind you can help you move forward with greater intention.

Think about what worked well, what challenged you, and what you learned along the way. Reflection isn't about judging how much you accomplished. It's about recognizing your experiences and using them to decide what you want more, or less, of in the year ahead.

As you close out the year, consider:

- **What are you proud of?** Recognize accomplishments, progress, and moments that mattered.
- **What did you learn?** Consider the experiences that helped you grow or see things differently.
- **What do you want to leave behind?** Not every habit, commitment, or expectation needs to follow you into another year.
- **What do you want to carry forward?** Identify the routines, relationships, and priorities worth continuing.
- **What matters most next year?** Choose a few areas where you'd like to focus your time and energy.

You don't need to enter the new year with everything figured out. Take what you've learned, give yourself permission to let go of what no longer serves you, and make space for what you want the next year to hold.

Did You Know?

Research shows that reflecting on past experience can improve learning and future performance.

(Harvard Business School, Learning by Thinking)



DECEMBER 2026:

SEASONAL AFFECTIVE DISORDER AWARENESS MONTH

Less daylight, colder weather, and more time indoors can affect how we feel. But when seasonal changes bring persistent low mood, fatigue, difficulty concentrating, or withdrawal, it could be Seasonal Affective Disorder (SAD).

Seasonal Affective Disorder (SAD) is more than the "winter blues." It's a form of depression that follows a seasonal pattern and may cause fatigue, difficulty concentrating, changes in sleep or appetite, social withdrawal, and low mood.

This season, be intentional about your well-being:

- Get outside during daylight hours
- Stay physically active
- Keep a consistent sleep routine
- Make time to connect with others
- Pay attention to ongoing changes in your mood and energy
- Seek professional support if symptoms begin interfering with daily life

Most importantly, don't feel like you have to wait for spring to feel better. Support and effective treatment options are available.

Contact NEAP for Support

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

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

📋 **Complete** the Online EAP Intake Form