

# NEELY EAP

December 2021

## NEWS LETTER

GET THE MOST FROM YOUR  
EMPLOYEE ASSISTANCE PROGRAM



### WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

#### DEC'S SEMINAR

Please join us for our live seminar **Better Budgeting During the Holidays**. This seminar will help you understand how to manage your money during the holidays.

Dec 9<sup>th</sup> @ 3pm

[Click Here To Register](#)

#### UPCOMING QUARTERLY WEBINAR

**What is Diversity and Inclusion?**

Jan 20<sup>th</sup> @ 3pm

[Registration Open Soon](#)

## Money and Mental Health

By: Jayde Walz

Did you know, according to [moneyandmentalhealth.org](https://www.moneyandmentalhealth.org), 46% of people in debt also have a mental health difficulty? And that 86% of people with a mental illness stated that their financial situation worsened their mental health? Managing your money well is crucial for both your financial and mental health.



Budgeting can be challenging. There is a lot of planning and commitment involved. This may cause people to shy away from committing to a budget, but the benefits that come from creating and maintaining a budget can be life-changing. One of these many benefits is financial self-awareness, arguably the most significant benefit from budgeting as it has many benefits associated with it. Dr. Dohlakia outlines four powerful benefits of financial self-awareness: higher financial self-efficacy, more persistence in paying off debt, greater financial satisfaction with better spending and investing, and a greater understanding of financial literacy.

So what is financial self-awareness? Financial self-awareness, as explained by Dr. Dohlakia, is a person's understanding of their financial situation. Understanding your financial situation includes an account of all money that you receive and spend. Try sitting down and writing out the specifics of your financial situation. Be sure to revisit this list as your income or expenditures change! Below is a list of common incomes and expenditures to help you in writing out your budget.



### Income

- Salary/wages
- Assistance from family/spouse
- Government assistance

### Expenditures

- Rent/mortgage
- Food
- Electricity and internet
- Gas and car payments
- Health insurance and doctor/medical bills

With the holiday season coming up, it's as good a time as ever to start managing your money. Your financial and mental health will thank you. Happy Holidays!

Learn more about this topic in the November EAP Seminar: **Better Budgeting for the Holidays**

**Seminar Link:** [https://us06web.zoom.us/webinar/register/WN\\_oYhBGyENQ5-SEMWK-aKAAQ](https://us06web.zoom.us/webinar/register/WN_oYhBGyENQ5-SEMWK-aKAAQ)

### Source Information:

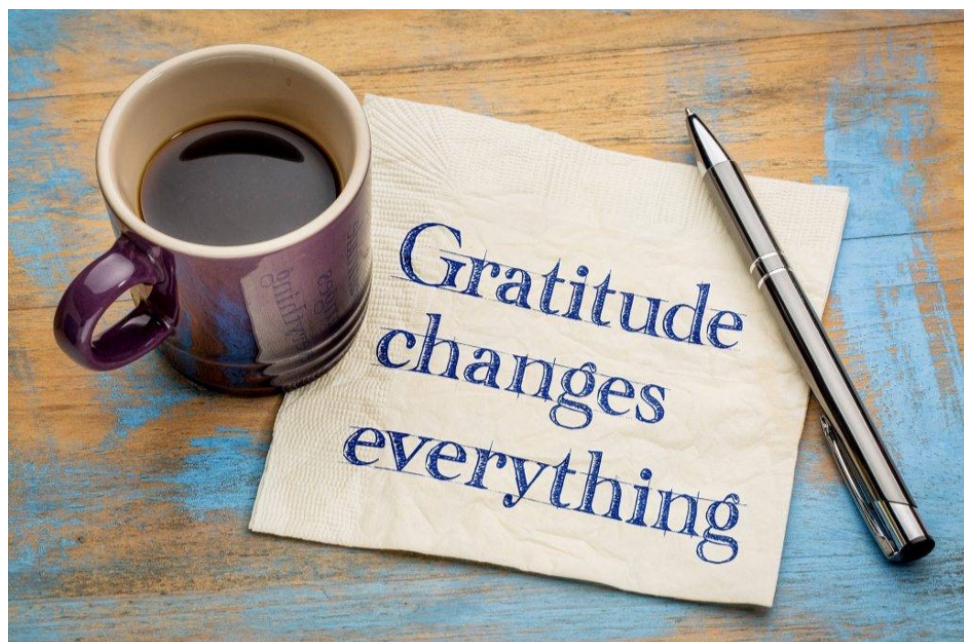
<https://www.psychologytoday.com/us/blog/the-science-behind-behavior/201910/four-powerful-benefits-financial-self-awareness>

<https://www.moneyandmentalhealth.org/money-and-mental-health-facts/>

<https://www.psychologytoday.com/us/blog/the-science-behind-behavior/201910/four-powerful-benefits-financial-self-awareness>

## The Power of Gratitude

By: Jayde Walz



With the holiday season coming up, there are many expectations from friends and family members to have the “perfect” holiday. Those expectations can lead to the Holiday Blues, a topic we looked at last month. One simple way to help alleviate these blues is to express gratitude.

**Gratitude** is the quality of being thankful, ready to show appreciation and return kindness. Gratitude can be shown in many ways. For example, it can be through physical action such as making your family dinner or taking your partner on a date. You can also show gratitude through a verbal action such as writing a thank you letter or telling someone how thankful you are for them.

Many people may not know that you can also express gratitude without saying or doing something for another person. This is important because sometimes it’s a bit too hard to express gratitude towards people, and that’s okay! A study conducted at Berkeley University researched if writing letters of gratitude (without being asked to send them) would improve the mental health of participants currently receiving counseling. They found that, compared to participants that didn’t write letters of gratitude, those who did experience better results from counseling. The significant difference was contributed to the letters of gratitude, showing that even just writing down what you’re thankful for has a powerful impact.

### How can I express gratitude?

- Keep a journal and write something you are thankful for every day
- Send a letter to your favorite childhood teacher
- Call your parent(s) and thank them for all they did for you
- Invite your best friend on a picnic and prepare their favorite foods
- Take your partner to the place you went for your first date
- Cook a meal for your grandparents
- Take your children to their favorite ice cream place



As you can see, gratitude can be expressed in any number of ways. This holiday season, try expressing gratitude either through a letter that you keep to yourself or through one of the ways listed above. Your mental health will thank you!

### Source Information:

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_changes\\_you\\_and\\_your\\_brain](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain)



## WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling *Couch Time Check-In* (preventive annual counseling session)
- Legal and Financial Assistance
- Wellness Trainings
- Online Employee Training Vault
- Critical Incident Stress Debriefing
- And more; log in online at [www.neelyeap.com](http://www.neelyeap.com)

### About Our Logo

For decades, enslaved African Americans looked to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the **hope** that your situation will improve, the **inspiration** to move you in the right direction, and the **freedom** to live your best life.