

# NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

DECEMBER 2022



## 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.

24/7 Helpline: 866-212-6096  
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Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Please join us for our live seminar

"How to Include Nutrition in your Holiday Plans"

DEC 8TH @ 3PM

[REGISTER HERE](#)

## QUARTERLY WEBINAR SERIES

TBD

TBD

TBD

## Keeping Nutrition in your Holiday Plans

By: Courtney Garcia Echeverria

Oh, holidays, where family bonds strengthen and communities gather, both happening around the table. Many of our holiday traditions are centered around food. Making (and mostly eating) delicious meals is one of the many comforts of the holidays. Dieting and staying healthy during the holidays can be a challenging journey. Below are a couple of ways to stay on track to keep nutrition in your holiday plans:



1. **Remember why you started your journey:** You started this journey because YOU wanted to make a change. Do you have to eat perfectly? No, enjoy your holidays but without going overboard. Change is not a comfortable process, but the benefits to your physical and mental health will be worth it.
2. **Continue feeding your body throughout the day:** Many people go all day without eating as a way to save their calories for a large meal. Unfortunately, this can cause a physiological and psychological need to eat until you're uncomfortably full when you finally have access to food.
3. **Prioritize your favorite foods:** If you don't love it, don't eat it. However, navigating through the options of food can be difficult. Try to choose the options that give you the most joy and satisfaction.
4. **Add vitamin D:** Unfortunately, inadequate vitamin D and omega-3 fatty acids are common, suggesting that brain serotonin synthesis is not optimal. Nevertheless, serotonin is a natural chemical that your body produces and can boost your mood and promote healthy sleeping patterns.
5. **Veggie it up:** Try filling up on veggies. Sweet potatoes, squash, and green beans- try them all. Roots are rich in complex carbohydrates, fiber, carotenoids, vitamin C, and more. Look for options like parsnips, beets, carrots, turnips, and rutabaga. Also, try leafy greens rich in iron, calcium, potassium, and vitamin K.

If you'd like more tips on staying healthy this holiday season, please tune into the December seminar to learn more about "How to Include Nutrition in your Holiday Plans" [Click here to register.](#)

#### References:

<https://www.verywellfit.com/ways-to-make-your-holiday-meal-more-nutritious-5208789>  
<https://www.vitalitynutrition.ca/blog/holiday-eating-tips>

## Managing the Emotions of the Holidays

By: Courtney Garcia Echeverria

Holidays can be difficult for most people, as they can bring up difficult emotions. To be able to manage our emotions, we have to be able to name and acknowledge them. We may feel sadness, anger, frustration, disappointment, worry, and loneliness. Whether it's your first holiday without a loved one, a small Christmas because finances are tight, spending the holidays alone, or whatever the reason, it is vital to learn how to manage and overcome these emotions healthily.

One way to help with these emotions is to avoid all-or-nothing thinking. All-or-nothing thinking is a cognitive distortion, aka your brain playing a trick on you, where we focus on the negative and ignore the positives. When we think all-or-nothing, we tend to see things in black or white, good or bad, or success or failure. While how you feel during the holidays might not be ideal, that does not make the holidays terrible. So instead, focus on the negatives AND the positives. Reframing your thinking can sound like, "I am sad that it is my first holiday season without my dad, but I am glad that I decorated, and I know he would've loved it."



Another way to cope is to have frequent check-ins with yourself. Have frequent moments where you slow down and feel what your body and mind are trying to tell you. Then, take a moment during your quiet time to ask yourself, "How do I feel? What do I need right now?"

Another way to help cope with these emotions is to find a healthy outlet. There are ways to do this spiritually, physically, and verbally. With this, you must see which method works best for your schedule and your emotions. Ways that you could release emotions spiritually is by praying or meditating. Some ways to release emotions physically would be to pick up a hobby, do exercises like weightlifting and boxing, or get massages to release tension. For verbally, you can write your emotions in a journal, write to a friend, speak to a friend, or speak to your therapist.

Speaking to your therapist is an excellent way to release emotions. Not only do you get to release them verbally, but you get to process them and find coping mechanisms to ensure you have a better holiday season. If this sounds like something you could benefit from, please use your EAP benefits to find a counselor to guide you through the issue.

**Happy Holidays!**

**References:**

<https://www.livewellwithsharonmartin.com/manage-difficult-feelings-holidays/>



## 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
- Work-life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

### 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.

