

NEELY EAP

JANUARY 2023

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.

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WELLNESS SEMINAR

Please join us for our live seminar
"How to Manage Emotional Stress"

Jan 12th @ 3pm

[REGISTER](#)

QUARTERLY WEBINARS

Please join us for our live seminar "How to Cultivate Psychological Safety"

Feb 23rd @ 3pm

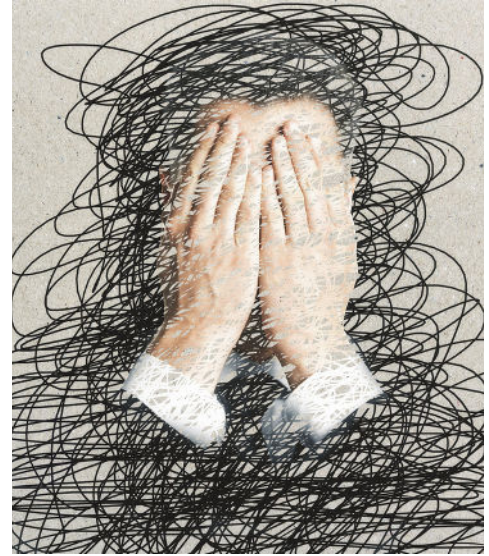
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How to Manage Emotional Stress

By: Courtney Garcia Echeverria

Emotional stress is one of the most painful ways we can feel stress. Part of the reason is that healthy ways that we cope with other stressors, such as talking to friends, can lead us to obsess over finding a solution which the obsessing can stress us even more. Emotional stress can also cause us to feel hopeless, which is when most people turn to unhealthy coping mechanisms.

Now, we as humans often don't like to accept failure. Many view coping with emotional stress as "accepting failure," which is not true. The most challenging part of emotional stress is that we often cannot change the situation, and we must accept that. In doing so, we can work on our emotional response to handling stressful situations. In this article, we will touch on ways to manage emotional stress so that we can start the new year with essential and rather useful coping skills.



- **Practice mindfulness.** While this may seem like the obvious thing to say, we encourage you to dig deeper into this. Stress can often appear in physical symptoms such as pain in your chest or an upset stomach. It is easy to avoid these symptoms, but we encourage you to ground yourself and notice where your physical symptoms are real. For example, many people notice that their pain seems to ease once they've focused on it and are able to tie it to their stress.
- **Distract yourself in a healthy way.** While we often encourage you to talk about feelings, it can also be extremely beneficial to distract yourself by doing something positive. For example, watch a feel-good movie, do your favorite thing with your friends, or do a good deed. These are ways to lighten emotional stress and help us momentarily feel better.
- **Block off some alone time.** If you are obsessing or thinking about your stress more than you should, try to block off some time to think about it. This is your time to think, mull, go through hypothetical situations, and do whatever you feel the emotional urge to do. Journaling is a great thing to do during this period. Fully immerse yourself in your emotional stress. It works because it should give you peace of mind knowing that you will be able to think about the situation, but the time is not now, and you can focus on your task at hand until it is your dedicated thinking time.
- **Talk to your therapist.** If your stress is at the point where it is interfering with your day-to-day activities or negatively affecting your well-being in another way, it's time to reach out to your counselor. Remember that your emotions are trying to tell you something. Your therapist can help you cope without masking whatever message your emotions are trying to bring through.

Let's go into 2023 by practicing some new coping skills. If you need help managing your emotional stress, please use your EAP benefits to reach out to our wonderfully trained counselors. Have a great start to the year!

Tune into the upcoming January to seminar: [How to Manage Emotional Stress](#), to learn more tips and strategies.

References:

[5 Ways to Cope With Emotional Stress \(verywellmind.com\)](https://www.verywellmind.com/5-Ways-to-Cope-With-Emotional-Stress)

January Blues

By: Courtney Garcia Echeverria

January is a great month for most - new beginnings, new resolutions, and positivity. However, some people develop what is called the "January Blues," not to be confused with SAD (Seasonal Affective Disorder), which can last longer. We use the term "January Blues" loosely, as depression is not dictated by a specific day or time, but the uprising in negative feelings has given this month that name.

People with "January Blues" tend to negatively self-reflect on events or actions beyond their control. Below are some common reflection points:

- Realizing how lonely they are after family leaves from the holidays.
- Reflecting on last year's New Year resolution that they may not have succeeded in.
- Seeing their debt after buying Christmas gifts.
- Anxiety about returning to work after a holiday break.
- Reflecting on where they thought they'd be at this time in their lives.



"January Blues" is real, and you are not alone. When the Christmas lights shut off and no one is in a "holly jolly" spirit anymore, things can quickly turn in our minds. Below are some helpful tips on how to cope with the "January Blues":

- **Vitamin D.** Get as much daylight as you can. Sunlight can positively affect your mental health. When the weather doesn't permit, open up the curtains & blinds. Vitamin D capsules can also be helpful.
- **Spend time in nature.** Go for walks or runs outside. Even just spending time in your backyard or balcony could give you a boost.
- **Do not fall prey to unrealistic expectations New Year's Resolution.** Everyone likes to talk about how they will be different this year. Do not fall for what you see on social media about what friends are doing. Instead, make your resolutions realistic to you and your life.
- **Remember that it's okay to fail but not okay not to try.** If your resolution becomes a new skill to try and you fail, that's OKAY! However, you put your mind to doing something and gave it your best try, and that's more than other people could say.
- **Get 6-9 hours of good sleep.** As hard as it sounds, sleep is the most underrated yet highly valuable treasure.

If you feel like you might be affected by the "January Blues" and would like help on how to navigate it, please don't hesitate to reach out by using your EAP benefits.

References:

[January Blues? Here's how you can cope | Information Artist \(medium.com\)](#)
[What are the January blues? How do you know if you're suffering from them, and how do you deal with them? | The Sun](#)



WHAT CAN MY EAP DO FOR ME?



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.

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

