

NEELY EAP

MAY 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.

24/7 Helpline: 866-212-6096
For TDD: 800-735-2989
Email: admin@neelyeap.com
Web: www.neelyeap.com



WELLNESS SEMINAR

Please join us for our live seminar "Taking your Mental Health to the Next Level"

May 11th @ 3pm

[REGISTER](#)

QUARTERLY WEBINARS

Please join us for our live seminar "Time Management and Planning for Effective Leadership"

May 25th @ 3pm

[REGISTER](#)

Mental Health Awareness Month

By: Courtney Garcia Echeverria

May is Mental Health Awareness Month. This month will educate people about mental health and help end its stigma. When we think of physical health, we know that if we have a mild cold or a broken limb, we seek help. Why is the stigma so negative when we do the same with our mental health? Mental health awareness month was started in 1949 by Clifford Beers' organization, now known as the National Mental Health Association. Clifford Beers created this organization after all five (5) of his family members were institutionalized, and he saw the biases and maltreatment they received. In this article, we will highlight why we CELEBRATE mental health month.

We celebrate our beautiful, beautiful brains

Our brains are amazing. They hold all of our memories, all of our feelings, and all of the things that we hold near and dear to us. It allows us to be at our happiest and our saddest. It drives our physical body and will enable us to experience all life offers. Our brains are complex, and we should celebrate that. However, we also need to raise awareness that because our brains are so complex, sometimes things happen in our brains that are out of our control or make us feel certain things, and that's okay too.



The Mental Health Conversation

While we still have a long way to go, conversations about mental health are becoming more prevalent. We hear more celebrities talking about their mental health struggles, more outpatient mental health clinics, mental illnesses normalized in movies and TV, etc. It's great progress to see how people with mental illnesses are not considered outcasts as often as before, but we must keep pushing to crush the stigma entirely.

Now is the time

What better time to nurture your mental health than during Mental Health Awareness Month? If you'd like to begin your journey to a healthy mind or nourish your mind more, use your EAP benefits to talk to your therapist about how they can best help you. The movement to stop the stigma begins with you!

To learn more about mental health , join the upcoming May seminar: [Taking your Mental Health to the Next Level](#)

References:

MENTAL HEALTH AWARENESS MONTH -May 2023 - National Today

Taking Your Mental Health to the Next Level

By: Courtney Garcia Echeverria

We often talk about anxiety, depression, etc., as a whole. We talk about what to do if you have anxiety, what to do if you have OCD, and what to do if you have a specific illness, but did you know that there are little things you can do daily that will take your mental health to the next level? The journey to a healthy mental state does not have to be complex and taxing. This article will highlight some methods that often get overlooked but can help take your mental health to the next level.

Take small breaks throughout the day

Sometimes taking a full mental health day just isn't possible. Whether it be because of child care, work, or another factor, taking a full mental health day can cause more stress. Also, we usually take mental health days when we are at our wit's end. However, small breaks throughout the day to unwind, regroup, and recharge can help your mental clarity significantly. You can do this with a simple 5-10 minute break. Some ideas of what to do during this break are; to listen to your favorite song, take a walk around your workplace, get some fresh air, or do a guided imagery exercise (simple exercises can be found on the internet or through your counselor using your EAP benefits.)



Do more restorative activities

Participating in small purposeful activities allows your mind and body to connect and find small relaxation areas. While some of us may like activities that increase adrenaline, it is important to find the balance of using downtime to restore our minds and body. Some therapeutic activities can be as simple as; lighting a candle, taking time to read a book, sleeping in, taking a bubble bath, and stretching.

Need Help? Ask for it

Communication is key to any relationship - even the relationship with yourself. If you have a person close to you that you can trust, such as a spouse, best friend, or parent, then it might be beneficial to ask them for help. Help can look different for every one of us. Help can be asking for an hour of childcare while you go to a spa, asking someone to pick up your groceries while you nap, or even hiring a housekeeper for extra help. Use your EAP benefits to discuss this with your therapist and decide what "help" looks like.

References:
[Mindful Moments: How To Strengthen Your Mental Health – Cleveland Clinic](#)



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

