

Neap.

Everyone deserves a little couch-time.



Taking Your Mental Health to the Next Level

Dr. Crystal McLeod



Owner Crystal McLeod and Associates

Crystal McLeod and Associates is a Mental Wellness Consulting Agency that supports small businesses and individuals with their Mental Wellness needs through program development, training and individual therapy services.

Experience

- **Leadership & Clinical Trainer**
- **Mental Health Therapist**
- **14 Years of leadership as an Active Duty Military officer**

Discussion

Mental Health
Levels

Is Fear Holding
You Back?

Boundaries

Getting to the
next level

Cognitive



Emotional



Behavioral

Cognitive

```
graph LR; A((Cognitive)) --- B(think, learn, remember); A --- C(access to resources); A --- D(Simply put "our thoughts")
```

think, learn, remember

access to
resources

Simply put
"our thoughts"

Emotional



motivation

Biased and
misleading

Helpful source of
information

Behavioral

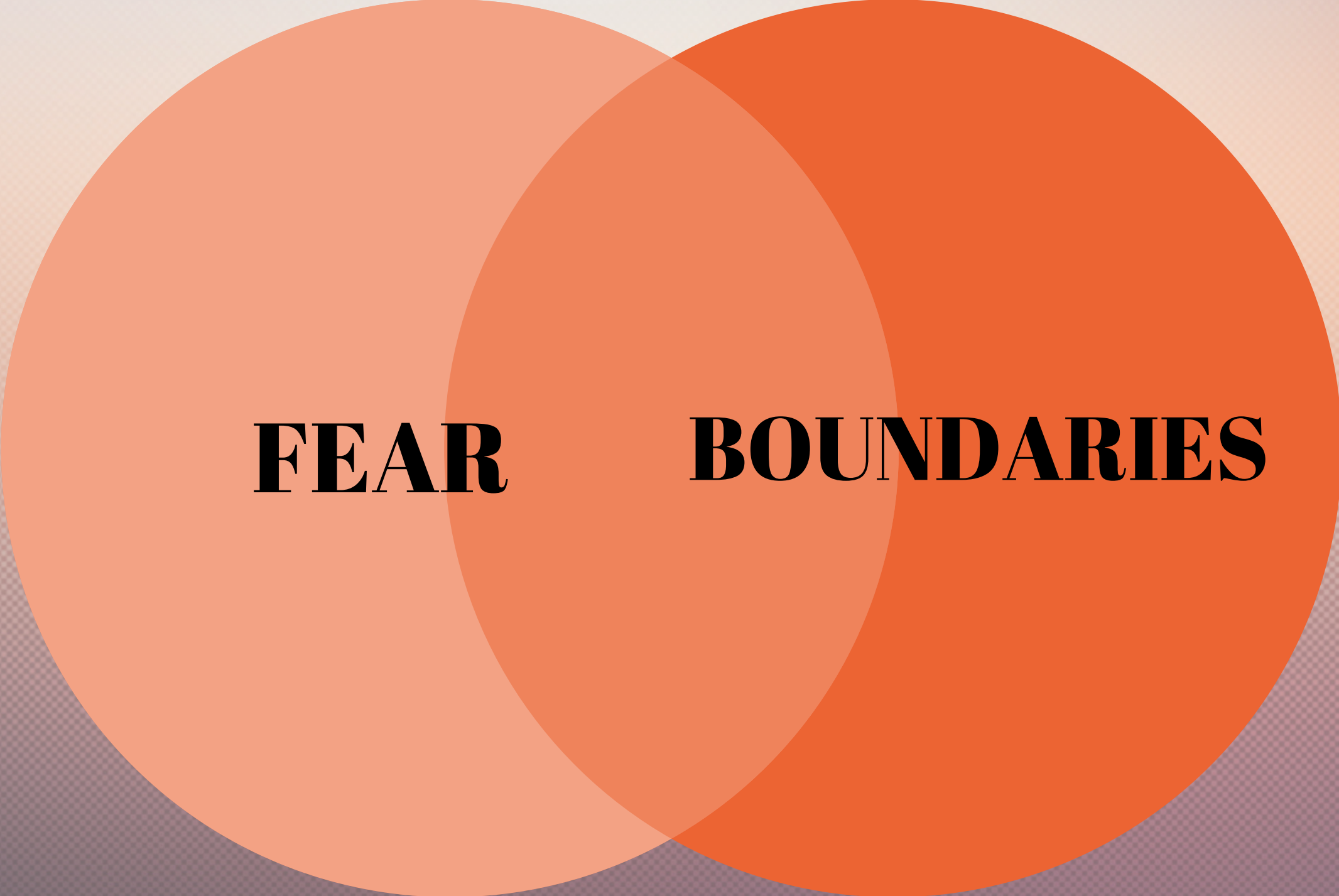
```
graph LR; Behavioral((Behavioral)) --- Engagement(engagement in the world); Behavioral --- Functioning("overall functioning  
(relationships, work, sense of  
community and belonging)"); Behavioral --- Control(Control Thoughts & Emotions)
```

engagement in the world

overall functioning
(relationships, work, sense of
community and belonging)

Control Thoughts & Emotions

NEWSFLASH!!



FEAR

BOUNDARIES

Types of Experienced Fears

Procrastinator

The Rule
Follower

The People
Pleaser

The Outcast

The
Self-Doubter

The Excuse
Maker

Pessimist

Types of Boundaries



POROUS

Blurred, unstated, non-existent

RIGID

inflexible, overly regulated,
detached



Work

Personal Life

Time

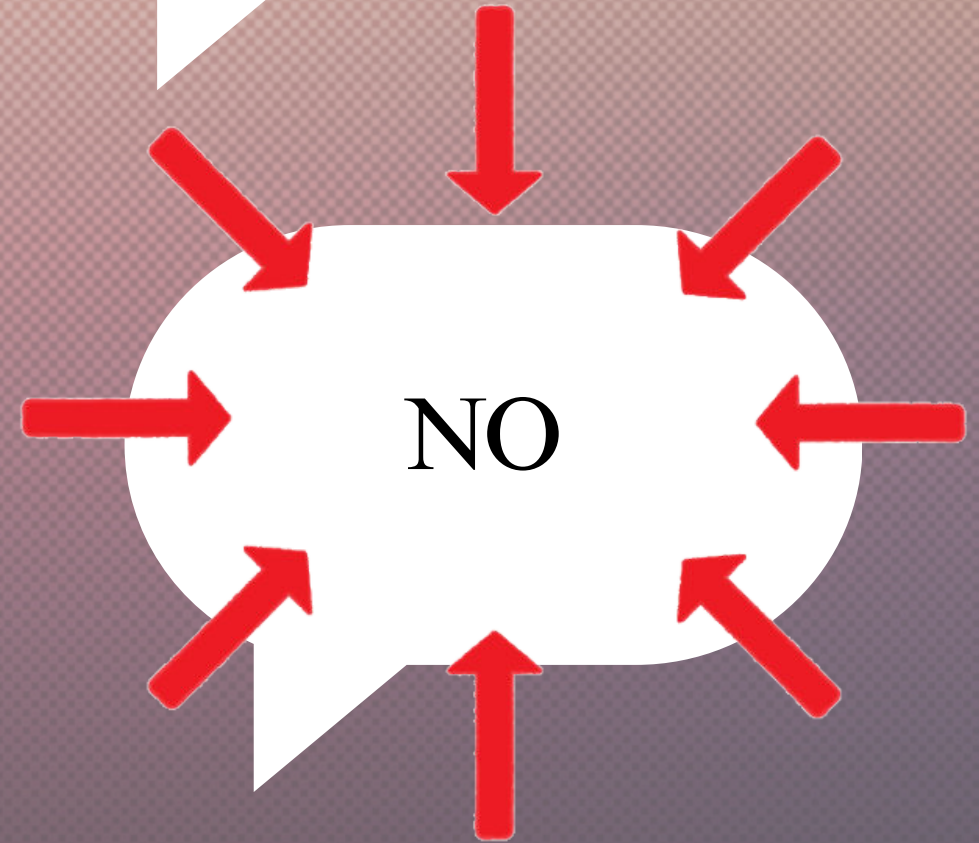
Team Player
Promotion Opportunities
Lazy
Perception

Loosing Relationships
Personal Co-Dependency
Expectations

Upsetting others
Perceptions

Take PTO
Honesty
Delegate
Walk-Away

Transparency
"NO"
Evaluate relationships



SETTING BOUNDARIES

N

I

C

E

QUESTIONS





- **Online:**

- www.neelyeap.com company page
- Live CONNECT
- iConnect You App
- Use your company code from benefits flyer

- **24/7 Hotline: 866-212-6096**

Access Your NEAP Benefits



Aware: A MINDFULNESS PROGRAM



FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: 866-212-6096

