

# NEELY EAP

AUGUST 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

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admin@neelyeap.com

Web: www.neelyeap.com



## WELLNESS SEMINAR

Please join us for our live seminar  
"Communication Strategy's to Reduce Workplace Stress"

August 24th @ 3pm

[REGISTER](#)

## QUARTERLY WEBINARS

Please join us for our live seminar "Reflective Listening: The Power of Silence"

TBD

TBD

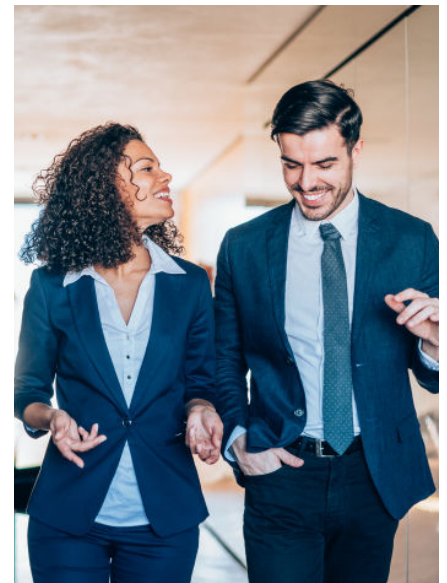
# Communication Strategy Reduce Workplace Stress

## Stress

While I'm sure that we are all somewhat familiar with workplace stress, according to the World Health Organization, work-related stress is the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. While workplaces should occasionally present challenges and pressure, stress can be detrimental to health-both physical and mental.

## Symptoms of stress

Physical	Mental
Loss of energy	Irritability
Headaches	Depression
Nervousness/shaking	Anxiety
Insomnia	Avoidance of people/workplace
Sweating	Feeling overwhelmed
Stomach issues	Over-eating/Under-eating



## Ways to openly communicate to reduce stress

Open communication refers to the ability of individuals to convey their thoughts to others freely. Open communication is essential because the more someone can actively and willingly communicate, the less stress we bring into the workplace. If we think of children having trouble in school, we often tell them to talk to their teachers. Maybe the teachers can explain the material better, come up with creative alternatives to help or put them in contact with other helpful students. That may also be the case with managers, supervisors, or bosses. If you communicate openly with your manager, they may be receptive to listening and can help in ways you didn't even think of. Open communication also means sharing with family, friends, or peers before you reach boiling point.

## How can we help

*If you believe you are experiencing chronic stress, would like to explore ways to reduce stress, learn coping skills to help combat stress, or want to learn how to communicate openly, please use your EAP benefits to contact a therapist.*

*To learn more about Communication and Workplace Stress, join the upcoming August seminar: [Communication Strategies to Reduce Workplace Stress](#)*

### References:

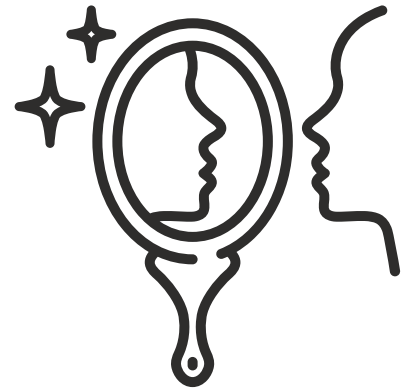
<https://www.stress.org/using-key-communication-skills-to-manage-stress>  
<https://www.who.int/news-room/questions-and-answers/item/occupational-health-stress-at-the-workplace#:~:text=Work%2Drelated%20stress%20is%20the,challenge%20their%20ability%20to%20cope.>

# The Benefits of Being Self-Aware

August is Self-Awareness Month. During our July Seminar, To Thyself Be True: Authentic Leadership, we discussed internal and external self-awareness from a leadership perspective. Overall, we learn that this is a powerful skill requiring high commitment and dedication.

## Self-Awareness

Noted Psychologists Shelley Duval and Robert Wicklund define self-awareness as the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. If you're highly self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values, and understand correctly how others perceive you." Simply put, highly self-aware people can interpret their actions, feelings, and thoughts objectively.



## The Benefits of Being Self-Aware

The benefits of being self-aware are vast and help different aspects of an individual's life, including personal growth, better self-control or regulating their emotions, improving mental health, developing relationships, and leading a happier life.

- **Personal growth:** Personal growth expands during an individual's lifetime because they grow, evolve, and learn to overcome challenges or changes as they arise.
- **Self-control and emotion regulation:** Being self-aware leads to emotional awareness, which allows individuals to regulate their emotions.
- **Improving mental health:** When any negative feelings arise due to a mental health problem, self-awareness helps individuals recognize the negative feelings as what they truly are and take action that helps them improve their mood.
- **Developing relationships:** Because self-awareness makes you aware of negative patterns, it contributes to developing meaningful relationships with loved ones.
- **Happier life:** By being internally and externally self-aware of values, aspirations, emotions, behaviors, strengths, weaknesses, environment fit, and impact on others, individuals learn to understand what makes them happy and, as such, live happier lives.

## Ways to Become Self-Aware

Becoming self-aware is probably the best skill to develop. You are in this constant loop of discovering things about yourself that you do not like. How you use this feedback can impact your mental health. Below are tools to get you started on your journey.

- Take a self-assessment
- Start journaling
- Mindfulness and Meditation
- Group Therapy
- Cognitive Behavior Therapy (CBT)

## How EAP can help

Your EAP services provide a variety of ways you get started on the self-aware journey. You have access to Computerize CBT and programs like AWARE. A mindfulness program to focus on reducing Stress. Overall, we are here to help. Your services are free and confidential.

**References**  
<https://intercoast.edu/blog/benefits-self-care/#:~:text=Recovering%20from%20addiction-or%20counseling,control%20of%20their%20own%20life.>  
<https://www.betterup.com/blog/what-is-self-awareness>



## 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

