

NEELY EAP

SEPTEMBER 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
"Finding the Link Between Physical and Mental Health"

Sept 14th @ 3pm

[REGISTER](#)

QUARTERLY WEBINARS

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

TBD

[TBD](#)

Finding The Link Between Mental Health and Physical Health

By: Courtney Garcia-Echeverria

Health as a whole

When we think of "health," our brains often think of working out, dieting, or getting enough sleep. We tend to consider our mental health separate from our physical health. Science and research have repeatedly shown that mental and physical health are deeply intertwined, profoundly affecting each other. When our physical health decreases, so does our mental health, and vice versa. As a matter of fact, The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. It goes on to say, "There is no health without mental health."

Mental health meets physical

Let's look at depression. For example, being depressed may lead to a lack of motivation. This lack of motivation can make it difficult to go to the gym, walk, or even get out of bed. There are ongoing studies that show that depression may also weaken the immune system and affect physical health in that way. This can also be the same for any mental health disorder that makes it difficult to leave the home, such as mood disorders, anxiety disorders, etc.



Physical health meets mental

Physical exercise can release a chemical in the brain called dopamine, or "the happy chemical." Exercising, laughing, or doing active material things that increase dopamine positively affects your mental state. Mental health problems can also manifest as physical symptoms. Stress, anxiety, and depression, if left unmanaged, can lead to physical manifestations such as headaches, muscle tension, and sleep disturbances. The body's stress response, designed to protect us in short bursts, can become detrimental when activated too frequently, leading to many physical health problems.

Conclusion

The interplay between physical and mental health is a complex and dynamic relationship. Acknowledging this connection is essential for maintaining overall well-being. By adopting a balanced lifestyle, seeking appropriate medical care, and paying attention to both your physical and emotional needs, you can nurture a healthier and happier you. Remember, taking care of one aspect of your health often means taking care of the other as well. If you'd like to know more about the intercorrelation between physical and mental health or how to incorporate techniques to affect them positively, please use your EAP benefits to contact a trained counselor.

How can we help

To learn more about the link between mental health and physical health, join the upcoming September seminar: [Finding the Link Between Mental Health and Physical Health](#)

References:
[The Links Between Your Mental and Physical Health | Psychreg](#)
[Mental Health and Physical Health: What's the Connection? \(verywellmind.com\)](#)

National Self-Care Month

By: Courtney Garcia-Echeverria

In a world where the hustle-life is glorified, taking time for self-care can sometimes feel like an indulgence. However, neglecting self-care can have far-reaching consequences, leading to burnout, decreased productivity, and compromised mental and physical health. While learning about mental and physical health, self-care is a great way to take care of the most critical aspect of our well-being: ourselves. That's why National Self-Care Month, observed throughout September, emerges as a timely reminder to prioritize self-care and reclaim a sense of balance and tranquility in our lives. This article will cover physical, mental, and emotional ways to care for yourself.

Physical

- *Regular exercise:* Engaging in physical activity benefits your body and releases endorphins that improve your mood and mental state.
- *Healthy eating:* Nourishing your body with balanced and nutritious meals provides energy.
- *Adequate sleep:* Prioritize quality sleep, as it rejuvenates your mind and body and enhances cognitive function.

Mental

- *Mindfulness and meditation:* Dedicate time to reflect quietly. This can reduce stress and anxiety and promote focus and relaxation.
- *Unplugging:* Disconnect from digital devices to recharge your mental energy and cultivate present-moment awareness. This is especially helpful before bed.



Emotional

- *Learning and growth:* Engage in activities that stimulate your mind, such as reading, journaling, learning a new skill, or taking on a new hobby.
- *Expressive writing:* Journaling your thoughts can help you process emotions and gain insights into your inner world and dialogue.
- *Positive relationships:* Spend time with loved ones who uplift and support you. Meaningful connections are essential for emotional well-being.
- *Set boundaries:* Learn to say no. Establish boundaries to protect your emotional energy.

National Self-care Month is a powerful reminder that taking care of ourselves is necessary. By dedicating time and attention to our well-being, we equip ourselves to navigate life's ups and downs. Embrace this month as an opportunity to embark on a journey of self-discovery and self-love. Please use your EAP benefits to connect with one of your counselors to learn more, as self-care is a lifelong journey that benefits you in every aspect of your life.

References:
[SELF-CARE AWARENESS MONTH - September - National Day Calendar](#)



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
- Free Short-Term Counseling and 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

