

# NEELY EAP NEWSLETTER

SEPTEMBER 2023



## WELLNESS SEMINAR

Please join us for our live seminar  
"Finding the Link  
Between Mental Health  
and Physical"

SEPT 14TH @ 3PM

[REGISTER](#)

## QUARTERLY WEBINAR SERIES

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

TBD

TBD

## LETTER FOR LEADERS

Helpful resources from your EAP

## WELCOME

The leadership newsletter is designed to provide EAP support to supervisors and managers. Making an informal referral (friendly referral) or formal referral can be challenging without training. In addition, the content will educate and promote program features that help leaders focus on the well-being of their employees. EAP services are free and readily accessible to the entire company and their family members.

Toll-Free, 24/7 Helpline:  
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# The Link Between Mental Health and Physical Health

By: Courtney Garcia Echeverria

## The Intercorrelation

In today's fast-paced and demanding work environment, the well-being of employees has become a crucial consideration for businesses. While much attention has historically been focused on physical health, it's becoming increasingly evident that mental health plays an equally significant role in employee wellness. For managers and supervisors, understanding the link between mental and physical health is paramount to having a productive and healthy workforce. Poor mental health can contribute to various physical health issues, such as increased cardiovascular risks, weakened immune systems, and heightened susceptibility to chronic illnesses. Conversely, physical health problems can exacerbate mental health conditions, leading to higher stress levels, anxiety, and depression.

## Managers Role

Managers and supervisors are pivotal in shaping the work environment and culture. Creating an environment supporting mental and physical health promotes employee well-being. A few key strategies include openly communicating with employees, creating a flexible workspace, managing workload, and training/workshops. Managers and supervisors can also encourage healthy habits such as encouraging regular exercise, healthy nutrition, and rest/sleep. As managers and supervisors, it is important to be aware of available resources to support employees' mental and physical well-being:



- **Employee Assistance Programs (EAPs):** EAPs offer confidential counseling services for employees facing personal or professional challenges.
- **Wellness Initiatives:** Implement wellness programs that focus on mental and physical health, such as mindfulness workshops, yoga classes, and stress management seminars.
- **Access to Healthcare:** Ensure employees have access to health insurance that covers both physical and mental services.

## Conclusion

The relationship between mental health and physical health is undeniable, and the role of managers and supervisors in shaping a supportive work environment cannot be overstated. By fostering open communication, encouraging healthy habits, and providing access to resources, leaders can contribute to a workforce that is both productive and mentally and physically resilient. To learn more about how to educate your employees on the importance of maintaining positive physical and mental health or to get more information on how to implement these techniques on yourself, please use your EAP benefits to speak to one of our highly trained counselors.

**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? \(verywellmind.com\)](#)



## EAP that's here for you

Here are some answers to common questions supervisors and managers have regarding employee issues and making EAP referrals. If you need more assistance, feel free to email us at [admin@neelyeap.com](mailto:admin@neelyeap.com).

**Q: How can a stressful work environment impact mental and physical health?**

A: A stressful work environment can lead to mental health issues like anxiety and depression. It can also contribute to physical health problems, such as an increased risk of heart disease and weakened immune function due to chronic stress. Your EAP has a solution to help you manage stress. For example, you can access a free stress management program, AWARE. Please call Neely EAP for more information.

**Q: How can companies benefit from prioritizing employees' mental and physical health?**

A: Prioritizing employee well-being leads to a more engaged and productive workforce. It can reduce absenteeism, turnover, and healthcare costs. Additionally, a supportive work environment enhances the company's reputation, making it more attractive to potential employees and clients.



## 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.

Being in a leadership role can be challenging. Having the correct tools and resources can make a difference. The **Manager Assistance Program** offers support to resolve personal or professional issues that can negatively impact the workplace. We also offer:

- 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

