

# NEELY EAP

NOVEMBER 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  
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Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Please join us for our live seminar  
"Hidden Triggers: Holiday Stress or Work Stress"

Nov 16th @ 3pm

[REGISTER](#)

## QUARTERLY WEBINARS

TBD

[TBD](#)

# National Gratitude Month: Nurturing Mental Health

By: Courtney Garcia-Echeverria

Every November, as the fall season paints the world with vibrant colors and the holiday spirit starts to stir, it's not just Thanksgiving that takes center stage: It's also National Gratitude Month, a celebration of thankfulness and appreciation that brings a ton of benefits, including significant impacts on mental health.

While gratitude is a feeling that we should embrace year-round, November provides a dedicated opportunity to reflect on its profound effects, particularly in relation to our mental well-being.

## Gratitude and Mental Health: A Dynamic Relationship

The connection between gratitude and mental health is robust and well-documented. Gratitude isn't just a warm and fuzzy feeling; it's a powerful tool that can enhance our psychological and emotional well-being. Here's how:

- **Stress Reduction:** Focusing on positivity can significantly lower stress levels.
- **Mood Enhancement:** Gratitude is a powerful mood booster, promoting happiness.
- **Self-Esteem Boost:** It reinforces a positive sense of self-worth.
- **Resilience Building:** Gratitude equips us to navigate adversity with strength.
- **Relationship Strengthening:** It deepens our connections with others.
- **Better Sleep:** Practicing gratitude can lead to improved sleep quality.



## Incorporating Gratitude into Daily Life

The beauty of gratitude is that it's accessible to everyone, and it's easy to incorporate into your daily routine. Here are some simple ways to do it:

- **Gratitude Journal:** Take a moment each day to write down what you're thankful for.
- **Thank-You Notes:** Express your appreciation to others in written or verbal form.
- **Mindful Practice:** Integrate gratitude into your mindfulness routines.
- **Family Rituals:** Share moments of thanks with your loved ones.
- **Acts of Kindness:** Helping others can cultivate gratitude within you.



## The Importance of Seeking Professional Help

National Gratitude Month serves as a timely reminder of the importance of gratitude in our lives and its potential to positively impact mental health. Practicing gratitude can reduce stress, improve our mood, and strengthen our resilience. So, as November unfolds, let's take the opportunity to cultivate gratitude in our daily lives, fostering a brighter, mentally healthier future for ourselves and those around us.

While gratitude can significantly boost mental health, it's essential to remember that for individuals struggling with more severe mental health issues, seeking professional help is crucial. Gratitude practices can complement therapeutic approaches but should not replace them when needed. Please use your EAP benefits if you'd like to learn more.

### References:

[9 Simple Gratitude Exercises That Will Help Anyone Become More Grateful \(gratefulness.me\)](https://www.gratefulness.me)

# Hidden Triggers: Holiday Stress or Work Stress

By: Courtney Garcia-Echeverria

In our journey through the complex waters of modern life, stress often becomes a constant companion. What happens when two of life's most significant stressors collide? The intersection of holiday and work-related stress creates a potent mix that can take a toll on our mental and physical well-being.

## Holiday Stress:

While holidays are traditionally associated with joy, celebration, and togetherness, a significant undercurrent of stress often runs through them. This stress can emanate from various sources, including financial pressure, time constraints, family dynamics, and high expectations.

## Work Stress:

Work-related stress is a year-round concern, and it can intensify during the holiday season for several reasons, such as year-end deadlines, reduced staffing, work-life balance challenges, and heightened performance pressure.

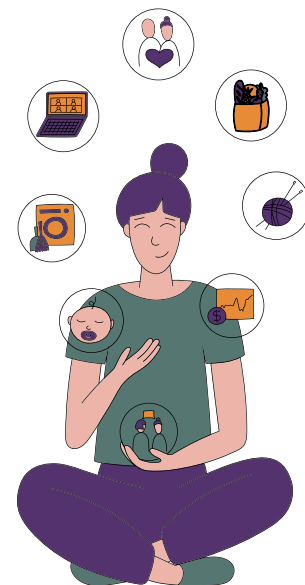
The hidden triggers of holiday and work stress intertwine in an overwhelming way. The demands from both fronts can lead to:

- **Burnout:** Overexertion at work, combined with the pressures of holiday preparations, can result in burnout and exhaustion.
- **Mental Health Challenges:** These stressors can contribute to anxiety and depression, particularly in individuals already predisposed to these conditions.
- **Physical Health Concerns:** The combined stress can weaken the immune system, making individuals more susceptible to illness when staying healthy is paramount.



Recognizing these hidden triggers is the first step to managing them effectively. Some strategies to cope with the dual challenges are:

- **Plan and Prioritize:** Create a well-thought-out plan, set realistic expectations, and prioritize tasks to prevent feeling overwhelmed.
- **Self-Care:** Make time for activities that bring you joy amidst the chaos of the season.
- **Seek Support:** If stress starts to interfere significantly with your daily life, don't hesitate to seek professional help through therapy or counseling.



In conclusion, the concealed triggers of holiday and work stress can make the festive season challenging for many. However, by recognizing these sources of stress and implementing proactive coping strategies, individuals can navigate this demanding period with greater ease. The goal is not merely to survive but to thrive during the holiday season.

If you'd like to learn more about effective coping strategies or need assistance incorporating them into your life this holiday season, please consider using your Employee Assistance Program (EAP) benefits. Reach out to discover the ways we can support you.

*For additional insights into the hidden triggers of holiday stress, consider joining our November webinar: ['Hidden Triggers: Holiday Stress or Work Stress.'](#)*



## 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

