

NEELY EAP

JANUARY 2024

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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
"Eating for Confidence and Success"

Jan 18th @ 3pm

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QUARTERLY WEBINARS

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Eating for Confidence and Success

By: Courtney Garcia-Echeverria

The connection between nutrition and overall well-being impacts physical and mental health. As employees navigate the demands of the workplace, the choices they make in terms of food can significantly influence confidence and success. In this article, we explore the link between eating habits and professional performance, shedding light on how mindful nutrition can pave the way for a more prosperous and confident work life.

The Gut-Brain Connection:

The gut-to-brain connection is a complex system that connects the digestive system to cognitive function and emotional well-being. What we eat can directly influence our mental state and our confidence levels. Research conducted by Mayer et al. (2014) suggests that the gut microbiome plays a crucial role in regulating mood and cognitive function. Incorporating various nutrient-dense foods can positively impact the gut, give mental clarity, and improve emotional resilience.

Balanced Nutrition for Sustainable Energy:

Maintaining stable energy levels throughout the workday is essential for focus and productivity. A diet rich in whole grains, lean proteins, fruits, and vegetables provides a steady release of energy, preventing the energy crashes associated with sugary or processed foods.



Practical Tips for Eating for Confidence and Success:

- *Prioritize Whole Foods:* Choose nutrient-dense whole foods, such as fruits, vegetables, whole grains, and lean proteins.
- *Stay Hydrated:* Dehydration can impair cognitive function and concentration.
- *Mindful Eating:* Pay attention to portion sizes and practice mindful eating.
- *Plan and Prepare:* Preparing meals and snacks in advance can help avoid reliance on unhealthy, convenient options.

As employees strive for success in the workplace, recognizing the impact of nutrition on confidence and performance is crucial. A well-balanced diet contributes to physical health and nurtures mental well-being, fostering resilience, focus, and trust. Please consider using your EAP benefits to speak with a functional nutritionist to learn more about this topic.

Also, please join the upcoming January live seminar "Eating for Confidence and Success."

References:

- Mayer, E. A., Knight, R., Mazmanian, S. K., Cryan, J. F., & Tillisch, K. (2014). Gut Microbes and the Brain: Paradigm Shift in Neuroscience. *Journal of Neuroscience*, 34(46), 15490-15496.
- Jenkins, D. J. A., Wolever, T. M. S., Taylor, R. H., Barker, H., Fielden, H., Baldwin, J. M., ... & Jenkins, A. L. (1981). Glycemic index of foods: A physiological basis for carbohydrate exchange. *The American Journal of Clinical Nutrition*, 34(3), 362-366.

New Beginnings

By: Courtney Garcia-Echeverria

As the new year dawns or when embarking on a fresh chapter in your professional journey, the concept of new beginnings takes center stage. Whether it's a change in role, team, or even a shift in personal goals, the opportunity for a fresh start is a chance for growth. This article will explore strategies and perspectives that can empower employees to embrace new beginnings with enthusiasm.

Reflect on Past Achievements:

Take a moment to reflect on your past accomplishments. Celebrate the milestones, challenges, and skills acquired. Recognizing your achievements provides a solid foundation to build upon as you venture into new opportunities.

Set Clear Goals:

It is crucial to set clear, achievable goals. Establishing well-defined objectives provides direction and motivation.

Cultivate a Growth Mindset:

Approach new beginnings with a growth mindset. View setbacks not as failures but as stepping stones toward improvement. This mindset fosters resilience and adaptability.

Invest in Professional Development:

Take advantage of training programs, workshops, or mentorship opportunities that align with your goals. Investing in your skills enhances your value to the organization and boosts confidence in your abilities.



Celebrate Small Wins:

Acknowledge and celebrate small victories along the way. Recognizing these accomplishments boosts morale and reinforces a positive outlook on the journey ahead.

Embracing new beginnings as an employee is an opportunity for personal and professional growth. Employees can navigate transitions confidently and purposefully by reflecting on past achievements, setting clear goals, cultivating a growth mindset, investing in professional development, and celebrating small wins. Each new beginning is a chance to learn, grow, and shape a fulfilling and successful journey. As you embark on this next year, seize the opportunity to make it a meaningful and transformative experience.



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

