

NEELY EAP NEWSLETTER

JANUARY 2024



WELLNESS SEMINAR

Please join us for our live seminar
"Eating for Confidence and Success"

JAN 18 @3PM

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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.

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Eating for Confidence and Success

By: Courtney Garcia Echeverria

As a manager or leader, your role extends beyond overseeing projects and deadlines. You can help your team thrive by recognizing the connection between nutrition and employee well-being. In this article, we'll explore the leadership perspective on how mindful nutrition can cultivate confidence and success within your team and yourself.

1. Recognizing the Neuro-Nutritional Connection:

Understanding the intricate relationship between nutrition and cognitive function is paramount as a leader. Recent research by Jacka et al. (2017) underscores the impact of diet on mental health. By championing mindful nutritional choices, leaders contribute to the mental well-being of their team, creating a foundation for success. This allows your team to be more focused and have mental clarity.

2. Elevating Performance through Nutrient-Rich Diets:

Balanced nutrition is instrumental in sustaining energy levels throughout the workday. The insights from the work of O'Neil et al. (2014) emphasize the positive correlation between healthy dietary patterns and increased productivity. Leaders can empower their teams by promoting access to nutritious foods, supporting consistent energy levels, and enhancing overall performance.



From a leadership perspective, recognizing the impact of nutrition on confidence and success is a strategic investment in your team's well-being and your own. By integrating mindful nutrition practices into your leadership approach, you contribute to a positive work environment where you and your team can personally and professionally thrive. As you plan for the upcoming year, consider how fostering a culture of healthy nutrition aligns with your leadership goals and enhances the overall success of your team. 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.](#)"

3. Leadership Strategies for Cultivating Healthy Nutrition Habits:

- *Educate and Advocate:* Provide resources and information on the connection between nutrition and cognitive function.
- *Create a Supportive Environment:* Foster a workplace culture that values and prioritizes well-being. This includes creating spaces for nutritious snacks, encouraging meal breaks, and promoting a healthy work-life balance.
- *Lead by Example:* Showcase your commitment to mindful nutrition by incorporating healthy habits into your work routine. This sets a positive example and creates a culture where well-being is a shared priority.
- *Encourage Team Building Through Nutrition:* Consider organizing team-building activities around nutrition, such as healthy cooking classes or group lunches. This strengthens team bonds and reinforces the importance of health in the workplace.



References

- Jacka, F. N., O'Neil, A., Opie, R., Itsiopoulos, C., Cotton, S., Mohebbi, M., ... & Berk, M. (2017). A randomized controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). *BMC Medicine*, 15(1), 23.
- O'Neil, A., Quirk, S. E., Housden, S., Brennan, S. L., Williams, L. J., Pasco, J. A., & Berk, M. (2014). Relationship between diet and mental health in children and adolescents: A systematic review. *American Journal of Public Health*, 104(10), e31-e42.

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.

Q: How can leaders effectively incorporate education on nutrition to empower their teams and enhance overall well-being in the workplace?

Leaders can integrate education by providing resources, workshops, or seminars that offer valuable information about the connection between nutrition and mental well-being. By fostering an environment that prioritizes knowledge on mindful eating, leaders empower their teams to make informed choices, contributing to improved overall well-being.

Q: In what ways can leaders lead by example in promoting healthy nutrition habits, and how does this influence the organizational culture around well-being?

Leaders can lead by example by incorporating these habits into their routines. This sets a powerful example for their teams and establishes a cultural norm around prioritizing well-being. When leaders visibly value and practice healthy eating, it communicates the importance of these habits, positively influencing the organizational culture and encouraging healthier choices among employees.



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

