

# NEELY EAP

May 2024

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  
For TDD: 800-735-2989  
Email: [admin@neelyeap.com](mailto:admin@neelyeap.com)  
Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Please join us for our live seminar

"Navigating Time and Nurturing Mental Wellness"

May 16th @ 3pm

[REGISTER](#)

## QUARTERLY WEBINARS

Please join us for our live seminar

"Emotional Intelligence in Leadership"

July 25 @ 3pm

TBD

# Cultivating Balance: Navigating Time and Nurturing Mental Wellness

By: Courtney Garcia-Echeverria

In today's fast-paced work environment, feeling overwhelmed and stretched thin is easy. Employees often need to work on managing multiple responsibilities, deadlines, and personal commitments, leaving little time for self-care and mental wellness. However, prioritizing our mental well-being is crucial for our health, productivity, and overall job satisfaction. One key component of nurturing mental wellness is mastering the art of time management.

## Effective time management allows you to:

- Allocate time wisely for work, relaxation, and self-care.
- Strategies include prioritizing tasks, setting realistic deadlines, and avoiding multitasking.
- Streamline workflow and reduce stress levels.

Moreover, incorporating breaks into our daily routine is essential for maintaining focus and preventing burnout. Studies have shown that short daily breaks can improve concentration, productivity, and well-being.

## Incorporating Breaks:

- Short daily breaks improve concentration, productivity, and well-being.
- Quick walks, deep breathing exercises, or engaging in hobbies replenish energy and sharpen cognitive abilities.

These moments of respite can replenish our energy and sharpen our cognitive abilities. In addition to effectively managing our time, nurturing mental wellness requires us to pay attention to our emotional and psychological needs.



This involves cultivating self-awareness, practicing self-compassion, and seeking support when needed. It's important to recognize that it's okay not to always be at our best and to give ourselves permission to prioritize self-care. **Mindfulness and meditation** are powerful tools for promoting mental wellness and reducing stress. Taking just a few minutes each day to quiet the mind and focus on the present moment can profoundly affect our overall mood and outlook. Numerous studies have demonstrated the positive impact of mindfulness practices on reducing anxiety, improving sleep quality, and enhancing overall well-being.



Additionally, connecting with others and fostering a sense of community can significantly promote mental wellness. Whether reaching out to a coworker for support, participating in team-building activities, or joining a workplace wellness program, cultivating meaningful relationships can provide valuable emotional support and camaraderie.

In conclusion, cultivating balance in time management and mental wellness is essential for thriving in today's demanding work environment. By prioritizing self-care, managing our time effectively, and seeking support when needed, we can enhance our overall well-being and performance at work. Remember, caring for ourselves isn't selfish—it's an investment in our long-term health and happiness.

***To learn more, please use your EAP benefits to speak to one of our counselors and mark your calendars for May 16th to join our seminar, "Cultivating Balance: Navigating Time and Nurturing Mental Wellness."***

## References

- Rueda, Belén, et al. "A meta-analysis of the effectiveness of mindfulness-based interventions for children and adolescents." *Journal of Child and Family Studies*, vol. 28, no. 12, 2019, pp. 3427-3445.
- Sonnentag, Sabine, and Charlotte Fritz. "Recovery from job stress: The stressor-detachment model as an integrative framework." *Journal of Organizational Behavior*, vol. 30, no. 6, 2009, pp. 733-755.

# Mental Health Matters: Prioritizing Well-Being in Today's World

By: Courtney Garcia Echeverria

In a world that seems to move faster every day, it's easy to overlook one of the most crucial aspects of our well-being: mental health. As the conversation around mental health continues to gain momentum, it's becoming increasingly evident that taking care of our minds is just as important as caring for our bodies. Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, influencing every aspect of our lives. However, despite its significance, mental health is often stigmatized and neglected, leading to many issues ranging from mild anxiety to severe depression and other mental illnesses.



Here are a few reasons why mental health matters:

- **Overall Well-Being:** Just as physical health is essential for a fulfilling life, so is mental health. Neglecting our mental well-being can manifest in various ways, impacting our relationships, work performance, and overall satisfaction with life.
- **Productivity and Performance:** Mental health plays a significant role in our ability to function effectively in our daily lives. Whether at work, school, or home, a healthy mind is better equipped to handle challenges, make decisions, and maintain focus.
- **Reduced Stigma:** One of the most significant barriers to seeking help for mental health issues is the stigma surrounding them. By openly discussing mental health and normalizing conversations about it, we can break down these barriers and create a more supportive environment where individuals feel comfortable seeking the help they need without fear of judgment.
- **Prevention and Early Intervention:** Just as we prioritize preventive measures for physical health, such as regular exercise and balanced nutrition, we can also take proactive steps to safeguard our mental well-being. This includes practicing self-care, seeking support from loved ones, and knowing when to reach out to mental health professionals.
- **Empathy and Understanding:** Prioritizing mental health fosters empathy and understanding towards others who may be struggling. By recognizing the importance of mental well-being in our own lives, we can better support friends, family members, and colleagues who may be facing challenges.

Taking care of our mental health is not a sign of weakness but a testament to our strength and resilience. It requires self-awareness, compassion, and a willingness to prioritize well-being in a world that often prioritizes productivity over personal health. By recognizing that mental health matters, we can cultivate healthier individuals, families, and communities where everyone can thrive.



In conclusion, mental health matters, and it's time we give it the attention and care it deserves. Let's continue advocating for mental health awareness, challenging stigma, and prioritizing well-being in all aspects of our lives. Together, we can create a world where mental health is valued, supported, and celebrated.

*If you'd like to take a step in your mental health journey, please use your EAP benefits to contact one of our counselors.*



## 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

