

# NEELY EAP

NOVEMBER 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

Join us for our monthly seminar:  
**Technology Detox:**  
“Unplugging for a Relaxing Holiday”

Nov 21, 2024 @ 3pm

[REGISTER](#)

## QUARTERLY WEBINARS

2025 Schedule

Will be released soon

TBD

# Technology Detox: Unplugging for a Relaxing Holiday

By: Courtney Garcia-Echeverria

In an increasingly digital world, employees often find themselves tethered to their devices, leading to burnout and decreased productivity. A technology detox—intentionally unplugging from electronic devices—can be a refreshing break that promotes mental well-being and enhances overall work performance.

The modern workplace is saturated with emails, notifications, and constant connectivity. While technology has benefits, the overwhelming flow of information can lead to stress and distraction. Research from the American Psychological Association indicates that excessive screen time can negatively affect mental health, leading to increased anxiety and decreased focus (American Psychological Association, 2021). By disconnecting from technology, employees can reclaim their mental space and cultivate mindfulness, which is crucial for personal and professional growth.

## Benefits of a Technology Detox

- Enhanced Creativity:** When employees unplug, they give their brains a chance to reset. This break from constant stimulation allows for reflection and creativity to flourish. Studies show that time away from screens can improve problem-solving skills and inspire new ideas (Benedict et al., 2018).
- Improved Relationships:** Face-to-face interactions foster deeper connections. Employees can engage more meaningfully with family and friends by stepping away from devices and strengthening personal relationships that contribute to overall happiness.
- Stress Reduction:** Taking a break from screens helps to lower stress levels. Engaging in nature, reading, or pursuing hobbies can lead to a more relaxed mind. A survey by the International Journal of Environmental Research and Public Health found that individuals who spend time in nature experience significantly lower stress levels and improved mood (Kuo, 2015).

## Tips for a Successful Technology Detox

- Set Clear Boundaries:** Decide on specific times to disconnect, such as during meals or family activities. Communicate these boundaries to colleagues to manage expectations.
- Engage in Offline Activities:** Fill your time with activities that do not require screens—hiking, reading, cooking, or spending time with loved ones.
- Create a Technology-Free Zone:** Designate certain areas in your home or vacation spot as tech-free zones. This can be a bedroom, dining area, or even a backyard.
- Reflect on the Experience:** Remember how it felt to unplug after detox. Consider journaling about your experiences and the changes you noticed in your mood and productivity.



A technology detox can provide a necessary respite, allowing for enhanced creativity, improved relationships, and reduced stress. By setting boundaries and embracing offline activities, employees can return to work refreshed and ready to tackle new challenges. By embracing a technology detox, employees can improve their personal lives and enhance their workplace performance, creating a healthier, more balanced approach to work and life. ***Use your EAP benefits and be sure to tune into our seminar on November 21st, [Technology Detox: Unplugging for a Relaxing Holiday](#) to get a complete overview of this topic.***

### References

- American Psychological Association. (2021). Stress and technology: How technology can affect mental health. Retrieved from [apa.org](https://www.apa.org).
- Kuo, M. (2015). How the presence of nature affects the psychological well-being of children and adults. *International Journal of Environmental Research and Public Health*, 12(3), 2283-2290. Retrieved from [mdpi.com](https://www.mdpi.com).

# Gratitude and Giving Back: Embracing the Spirit of November

By: Courtney Garcia Echeverria

As November rolls in, it brings a time of reflection, gratitude, and the spirit of giving. For many, this month serves as a reminder to appreciate what we have while recognizing the importance of giving back to our communities. Fostering a culture of gratitude and service can enhance team morale, strengthen relationships, and create a more positive work environment.

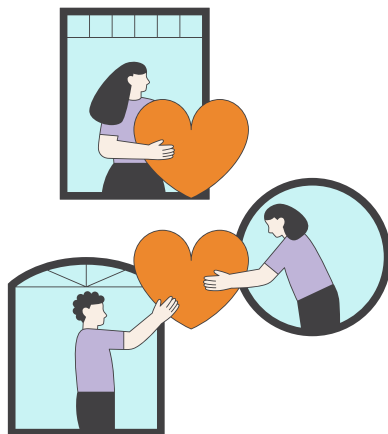
Gratitude is more than just saying "thank you." It is about recognizing the contributions of others and appreciating the positive aspects of our lives. Research shows that gratitude can improve mental health, increase resilience, and overall satisfaction (Emmons & McCullough, 2003). Relying on gratitude—whether through a simple note, a shout-out in a meeting, or acknowledging a colleague's hard work—can foster a sense of belonging and motivation. As we approach the holiday season, let us take the time to acknowledge our teammates and the efforts they contribute to our collective success.

## Giving Back: A Shared Responsibility

Giving back to the community can be incredibly rewarding for those who receive help and those who provide it. Participating in charitable activities, whether through volunteering time or donating resources, cultivates a sense of purpose and connection among employees. Organizations encouraging their employees to engage in community service often see increased employee satisfaction and loyalty (Beninger, 2018).

## Practical Ways to Cultivate Gratitude and Giving

- 1. Start a Gratitude Board:** Create a space where employees can share notes of appreciation for their colleagues. This simple gesture can uplift spirits and foster a supportive atmosphere.
- 2. Volunteer as a Team:** Plan a day of service where your team can volunteer at a local charity or nonprofit. This not only helps the community but also enhances team cohesion.
- 3. Host a Giving Challenge:** Encourage employees to share their favorite charitable causes and participate in a friendly competition to see which team can contribute the most, whether through donations, volunteer hours, or other means.
- 4. Reflect and Share:** At the end of the month, hold a team meeting where everyone can reflect on what they are grateful for and share their experiences from any volunteer activities. This can reinforce the positive impact of gratitude and service.



## Conclusion

As we enter November, let us embrace the spirit of gratitude and giving back. By fostering an environment that values appreciation and community service, we can enhance our workplace culture and make a meaningful impact within and beyond our organization. Remember, every small act of kindness counts, and together, we can create a ripple effect of positivity that extends far beyond our office walls. This November, let us make a concerted effort to express our gratitude and give back, fostering a workplace that thrives on appreciation and community spirit.

### References

- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377-389.
- Beninger, J. (2018). The impact of corporate volunteering on employee engagement and organizational commitment. *International Journal of Business and Social Science*, 9(2), 1-10.



## 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

