

EAP 2024 Editorial Calendar

| Month | Wellbeing Element | Theme and Featured EAP Service | Wellbeing Tip | Topic Poster | Webinar | Special Campaign |
|----------|-------------------|--|--|---|--|--------------------------|
| January | Physical | You are what you eat Lifestyle Coaching | WELLBEING TIP: Trying to eat healthier? Don't shop without a list. Choose whole, nutrient-packed foods over processed items. Add variety by picking new fruits and vegetables. | Getting Control of Emotional Eating <ul style="list-style-type: none"> • Describe common causes and triggers behind emotional eating • Identify strategies to gain control of emotional eating • Discover how to apply these strategies to improve health and wellbeing | Getting Control of Emotional Eating January 10, 2024 at 11:00 a.m. PT | Mental Wellbeing Month |
| February | Social | Protecting youth mental health Virtual Therapy, Powered by BetterHelp | WELLBEING TIP: Cope with stress by focusing on your strengths and doing things that make you happy. Get some sleep and talk to a professional if you're struggling. | Teenager and Young Adult Mental Health Awareness <ul style="list-style-type: none"> • Describe mental health versus mental illness • Discuss common challenges with teens and young adults • List ways parents and loved ones can help | Teenager and Young Adult Mental Health Awareness February 14, 2024 at 11:00 a.m. PT | Youth Mental Health |
| March | Financial | Financial and emotional well-being <i>For managers:</i> Financial Wellbeing Financial Wellbeing Powered by My Secure Advantage (MSA) | WELLBEING TIP: Enhance your financial future. Create a budget. Focus on paying down debt. Even \$20 more than the minimum payment makes a difference. | Balancing Your Financial and Emotional Wellbeing <ul style="list-style-type: none"> • Describe challenges like inflation, household expenses, debt and fluctuating income • Understand the importance of both financial and emotional wellbeing • Identify support resources, including the help of a professional | Balancing Your Financial and Emotional Wellbeing March 13, 2024 at 11:00 a.m. PT For managers: Tips for Managing Change in the Workplace March 27, 2024 at 11:00 a.m. | Financial Literacy Month |

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| April | Social | Embracing neurodiversity Work-Life Services | WELLBEING TIP: Embrace and respect diversity. Practice acceptance and appreciation of each other's differences and you might even learn something new! | Understanding Neurodiversity in Your Personal and Work Life <ul style="list-style-type: none"> • Describe neurodiversity • Discover the value of neurodiversity at work and home • Name strategies to support neurodivergent people | Understanding Neurodiversity in Your Personal and Work Life April 10, 2024 at 11:00 a.m. PT | Autism Acceptance Month National Stress Awareness Month |
| May | Emotional | Changing perceptions Wellbeing Coaching | WELLBEING TIP: Change your self-perception and unleash your hidden potential. Recognize and choose to do something about the self-perceptions that don't benefit you. | Changing Your Perceptions to Positively Impact Your Wellbeing <ul style="list-style-type: none"> • Define perceptions • Describe how perceptions influence our emotions • Identify tips to change your perception to improve emotional wellbeing | Changing Your Perceptions to Positively Impact Your Wellbeing May 8, 2024 at 11:00 a.m. PT | Mental Health Month |
| June | Career | Multigenerational workplace <i>For managers:</i> Multigenerational Workforce Retirement Services | WELLBEING TIP: Show appreciation for your colleagues. Saying "thank you," whether in person or with a thank you note goes a long way. Give kudos for a job well done. | Thriving in a Multigenerational Workforce <ul style="list-style-type: none"> • Describe the five generations currently in the workplace • Learn how each generation influences the workplace • List tips to help you successfully embrace the multigenerational workforce | Thriving in a Multigenerational Workforce June 12, 2024 at 11:00 a.m. PT <i>For managers:</i> Engaging a Multigenerational Workforce June 26, 2024 at 11:00 a.m. PT | LGBTQIA+ Pride Month |

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| July | Community | Social media addiction Counseling | WELLBEING TIP: Spend less time online. Block distractions and schedule your important tasks to be completed within a set time window. | The Perils and Promises of Social Media: Social Media and Mental Health <ul style="list-style-type: none"> • Define healthy versus problematic social media use • Describe the impact of social media on our mental health • Explain how to achieve a healthier balance when using social media | The Perils and Promises of Social Media: Social Media and Mental Health July 10, 2024 at 11:00 a.m. PT | Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month |
| August | Emotional | Getting back into the groove Parenting and Child Care | WELLBEING TIP: Find good in every day. Be present in what you do. Pay attention to what you eat. Get some daily exercise. Keep a clean, clutter-free space. | Protecting Childrens' Emotional Wellbeing <ul style="list-style-type: none"> • Define emotional wellbeing for children and why it's important • Describe ways to help children protect and improve their wellbeing • Recognize signs of when it's time to seek help | Protecting Childrens' Emotional Wellbeing August 14, 2024 at 11:00 a.m. PT | National Back to School Month |
| September | Physical | Substance misuse <i>For managers:</i> Performance Coaching Digital Emotional Wellbeing Program, Powered by NeuroFlow | WELLBEING TIP: Improve physical wellbeing and recovery. Make minor changes each day to better focus on sleep, nutrition, hygiene, physical activity and relaxation. | Social Drinking Versus Problem Drinking: What's the Difference? <ul style="list-style-type: none"> • Explain low-risk and high-risk alcohol use • Describe healthy coping strategies to avoid the negative impacts of alcohol use • Discuss when and where to get assistance for alcohol use issues | Social Drinking Versus Problem Drinking: What's the Difference? September 11, 2024 at 11:00 a.m. PT <i>For managers:</i> Coaching Employees to Improve Performance and Engagement September 25, 2024 at 11:00 a.m. PT | Suicide Prevention Awareness Month |

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| October | Emotional | How to get unstuck (when you're feeling down) Member Website | WELLBEING TIP: Get unstuck. Start with small changes. Release the grip of the past to see your reality in new ways and feel freer to change your attitude. | Feeling Stuck? Get Unstuck <ul style="list-style-type: none"> • Explain what feeling "stuck" means • Discuss what causes us to feel "stuck" • Discover strategies to move forward and improve wellbeing | Feeling Stuck? Get Unstuck October 9, 2024 at 11:00 a.m. PT | National Depression and Mental Health Awareness and Screening Month |
| November | Emotional | Embrace self-care Discount Center, Powered by LifeMart | WELLBEING TIP: Overwhelmed by emotions? Take a moment to check in with yourself about your mood to begin gaining back control. | Managing Intense Emotions in the Moment <ul style="list-style-type: none"> • Define emotional regulation • Identify intense emotions and how to manage them in the moment • Discover skills to prepare for intense emotions before they arise | Managing Intense Emotions in the Moment November 13, 2024 at 11:00 a.m. PT | Holiday Emotional Wellbeing Campaign National Family Caregivers Month |
| December | Emotional | Defending your wellbeing <i>For managers:</i> Mental Health Awareness Appointment Assist | WELLBEING TIP: Maintain your wellbeing. Only try what feels comfortable and give yourself time to figure out what works for you. | Defending Your Wellbeing After Trauma <ul style="list-style-type: none"> • Define trauma • Explain different coping strategies to use after trauma • Practice a technique to defend your wellbeing | Defending Your Wellbeing After Trauma December 11, 2024 at 11:00 a.m. PT <i>For managers:</i> Supporting Employee Wellbeing: From Mental Health Awareness to Action December 4, 2024 at 11:00 a.m. PT | National Stress-Free Family Holidays Month |