

Monthly Topics & Resources for Well-being Promotion



Best Care EAP encourages you to use these monthly topics to help employees learn more about the well-being resources available to them through Best Care EAP. These resources can be easily shared within your organization via your employee newsletter, intranet and employee emails.

JANUARY: Mental Wellness

With the start of the new year, it's a good time to reduce stress and find ways to surround yourself with positivity to boost mental wellness.

[Article to share](#) [Stress Less! webinar*](#)

FEBRUARY: Stress and Your Heart

You may not think stress can be damaging to your heart. But it can be! [Article to share](#) [Level Up! The Mental Health Connection to Heart Disease webinar*](#)

MARCH: Sleep for Wellness

Proper sleep hygiene is directly connected to energy, productivity, mood, emotion and overall health. [Article to share](#) [Dreaming of a Better Sleep webinar*](#)

APRIL: Alcohol Awareness

These facts about alcohol use disorder can help you start a supportive conversation with a friend. [Article to share](#) [Substance Use Awareness webinar*](#)

MAY: Mental Health Awareness

Learn why mental health is important, how to recognize mental health issues, and learn practical steps to care for your own mental health as well as support co-workers.

[Article to share](#) [Mental Health in the Workplace webinar series*](#)

JUNE: Trauma Awareness

People who have experienced a traumatic event often demonstrate changes in behavior both at work and at home.

[Flyer to share](#) [Empathetic Leadership: A Trauma-Informed Approach webinar*](#)

JULY: Relationships and Money

Money can be a source of friction in a relationship. Avoid issues early on by having a serious discussion about finances.

[Article to share](#) [The Psychology of Money webinar*](#)

AUGUST: Back to School

Teen development can be a thrilling and bumpy ride and, when young adults move away from home, it's an adjustment.

[Article to share](#) [Deciphering the Turbulent Teen Brain webinar*](#)

SEPTEMBER: Suicide Prevention

September is Suicide Prevention Month and a time to raise awareness about the signs of suicide and support those who have lost someone to suicide.

[Article to share](#) [Suicide: What You Need to Know webinar*](#)

OCTOBER: Depression Awareness

Depression is often misunderstood but yet it's treatable.

[Article to share](#) [Level Up! Help, I Have the Winter Blues webinar*](#)

NOVEMBER: Gratitude Month

The heartwarming nature of this season often inspires heartfelt expressions of gratitude.

[Article and worksheet to share](#) [Level Up! Gratitude webinar*](#)

DECEMBER: Managing the Holidays

Whether coping with the loss of a loved one or trying to manage the stress of celebrations, the holidays can be a challenge.

[Article to share](#) [Frazzled vs. Festive: Managing Holiday Stress webinar*](#)

The resources listed here are just a "sample" of what you'll find in our [Resource Hub](#) at www.bestcareeap.org.

***NOTE:** The webinars listed are on-demand and to access them, you will need to first login at www.bestcareeap.org using your company username and password.



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