

# 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 take stock on improving your mindset.

[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\\*](#)

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

## **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](http://www.bestcareeap.org).

