



APRIL EAP NOTES

Grief Series: People Think I Should Be Grieving Faster Than I Am

There is not an instruction book that tells us how to grieve correctly. That is because there is no specific, correct way to grieve. Usually, it is something we learn how to do on the spot through our own grief experiences. And, many times there are people around us who share their experiences with grief with us. [Read More](#) [Link to other articles from series](#)

Mindfulness Exercise

Focus on what's right here

April is National Stress Awareness Month. Follow this exercise to help manage stress.

Quick, name three things that are going on right in this moment. Perhaps you're 1) sitting some place comfortable, 2) the



sun is shining, and 3) your pet is curled up nearby.

This is an exercise you can do anytime you notice your stress levels rising, because allowing yourself to see what's right in front of you, right now, helps keep you grounded in this moment.



2022 Poster

Meet **Jameson Bock**, Best Care counselor. Jameson's BIO and video are on this link! [Meet Jameson](#)

Webinar: April 20, 9 - 10 am

The Diversity Dividend

More organizations are recognizing the potential for increased productivity and employee engagement by creating a truly diverse, inclusive workforce. This presentation will help clarify the challenges involved in creating a diverse and inclusive organization and how to make diversity and inclusion a priority.

click on image to sign up



Top 10 Things to be Happy About

- *breathing deeply*
- *cut flowers*
- *cotton towels*
- *ice-cream cakes*
- *thank-you notes*
- *riding a roller coaster*

- a sympathetic ear
- blackboard menus
- thinking someone is terrific
- everything



Management Training Classes are being offered throughout 2022. There are many dates to choose from:

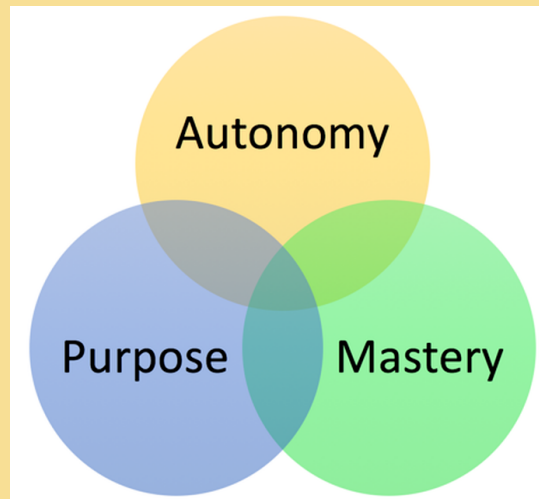
- **Management Boot Camp**
- **Change Management**
- **Leadership in Action**
- **Conflict Management Boot Camp**

To register, click [this link](#) for a complete list of titles and descriptions.

Webinar for Supervisors

Get AMPed! Motivating Today's Employees

External motivators are so last century. Instead, to inspire a younger, more diverse, and tech-savvy workforce, managers need to focus on internal motivators – specifically **AMP: Autonomy, Mastery, and Purpose**. This program explores these concepts and offers leaders tips for applying them in their organizations. (42 minutes)



[click here](#)

TESTIMONIAL

"Our counselor was very helpful teaching my husband and I how to communicate better. She also helped us understand each other better. We wouldn't be where we are today without her or the EAP."

Thank you for reading this newsletter. If you have a tip or an idea for an article, send me a message at eap@bestcareep.org.

What's Happening

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Flatten the Anxiety Curve



How to live a happier life



8 Ways to Stay Cool in Stressful Situations



5 mindset shifts to help keep you positive



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