

Invest in Your Relationships!

February is often associated with romance, but healthy relationships are built on much more than cards and chocolates. Whether with a spouse, partner, family member, or close friend, strong relationships require ongoing care, communication, and a willingness to work through challenges together.

Conflict is a normal part of any relationship. Stress from work, finances, caregiving responsibilities, or major life changes can easily spill into our personal lives. What matters most is not whether disagreements happen but how they are handled. Small, unaddressed issues can quietly grow into resentment, while thoughtful conversations can strengthen trust and understanding.

One of the most powerful relationship skills is effective communication. This means listening to understand rather than to respond, expressing needs clearly instead of letting frustration build, and being open to compromise. It also means recognizing when distractions - screens, schedules, or stress - are pulling attention away from the people who matter most.

Healthy relationships are also grounded in empathy and respect. Life experiences shape how each person sees the world, manages stress, and expresses emotion. Making room for those differences can prevent misunderstandings and deepen connection.

This month, consider focusing on your most important relationships. Aim less on perfection and more on progress. Choosing patience, understanding, and support, especially during difficult moments, can help turn everyday challenges into opportunities for stronger, healthier relationships. And if your key relationships feel strained, remember that support is available.

Your EAP offers confidential counseling for couples and families, as well as resources on communication, conflict resolution, financial stress, and caregiving challenges. Counseling can provide a safe space to work through concerns, improve communication patterns, and rebuild trust.

★ **Featured**



February Webinar

Eat Your Way to Better Health

The food we eat has more impact on our health than almost any other factor. During this session, we'll provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the healthiest life possible.

To access this Webinar and related resources, simply log in to HigherEdEAP.com during February.

The Best Valentine's Gift: A Healthy Heart

This Valentine's Day, one of the most meaningful ways to care for someone you love is by protecting your own heart—and encouraging them to do the same. Heart disease is the leading cause of death for both men and women, accounting for about 1 in 4 deaths. Know your family's heart health history and talk with your doctor about your personal risk. Reduce your risk by eating well, staying active, avoiding tobacco, and knowing the warning signs:

- **Heart failure symptoms:** shortness of breath, trouble breathing when lying down, swelling in legs or ankles, sudden weight gain, fatigue, persistent cough.
- **Heart attack symptoms:** chest pain or pressure, pain in arms/back/neck/jaw, shortness of breath, cold sweats, nausea, light-headedness. **Call 9-1-1 immediately.**
- **Stroke symptoms:** Remember **F.A.S.T.** Face drooping, Arm weakness, Speech difficulty, **Time to call 9-1-1.**

Log in to your EAP Resource Center for more on heart health and many other health conditions. You can also call a Wellness Coach for help with nutrition, diet, fitness, or tobacco cessation.



February Training Picks

The cold or stormy winter months can be a good time to learn something new or brush up on your skills. Why not explore thousands of topics in your online Training Center? We've offered a few suggestions for popular sessions below, but you can search for your own themes. Simply click on "Member Login" at www.HigherEdEAP.com, sign in, and click on the "Comprehensive Training Library" in the Training Center.

- **10 Habits for a Meaningful Life | Course ID: SVL_009049**

Discover the 10 most powerful habits for living a meaningful life, such as embracing a continual learning mindset, reclaiming a sense of control, emboldening yourself to take more risks, and more. Take this course in one 55-minute session or break it into smaller increments.

- **Active Shooter and Workplace Violence | Course ID: SVL_089151**

This 10-minute video lesson will help you be prepared for and respond to a violent emergency. Topics include indicators of potentially violent behavior, response to violent behavior or an active shooter situation, and how to react when law enforcement arrives at an active shooter scene.

- **Safe Driving: Winter Weather | Course ID: SVL_1023134**

This 5-minute lesson gives tips on being prepared for winter weather, tips for driving in snowy and icy conditions, how to correct fishtailing, and the gear you should keep in your vehicle to stay prepared for whatever might happen on the road.

Accessing Your EAP Training Center

1. Go to www.HigherEdEAP.com and click the 'Member Login' button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click REGISTER to create your Username and Password. *You only need to register once.*
4. Click the 'Training Center' and then choose 'Comprehensive Training Library'.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the 'Play' or 'Start' button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Key February Dates

- [American Heart Month](#)
- [Black History Month](#)
- [Teen Dating Violence Awareness Month](#)
- 2/2 – [Groundhog Day](#)
- 2/6 – [National Wear Red Day](#)
- 2/14 – [Valentine's Day](#)
- 2/14 – [National Donor Day](#)
- 2/15-2/20 – [Random Act of Kindness Week](#)
- 2/16 – [Presidents' Day](#) (aka "Washington's Birthday")
- 2/23-3/1 – [National Eating Disorders Awareness Week](#)

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Explore
More of Your
Employee
Benefits



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Or Android



How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

