



April 2026 Newsletter



## Stress Speaks - Are You Listening?

Is your body trying to tell you something? Stress doesn't always announce itself with worry and feelings of being overwhelmed. Sometimes it shows up quietly in the headache you've had for three days, the stomach that's been off, or the jaw you clench without realizing it. **April is National Stress Awareness Month**, and this year, ask yourself: are you tuned in to what stress is doing to your body?

One clear signal is what happens at night. Stress and sleep have a complicated relationship. Stress makes it harder to fall asleep or stay asleep, and poor sleep makes you less equipped to handle stress the next day. It's a loop that's easy to get stuck in, and many people don't connect the two. If you're waking up tired despite a full night's rest in bed, stress may be the culprit.

Breaking the cycle often doesn't require a major overhaul. Research supports the power of small, intentional resets throughout the day, what some call "micro-recoveries." Try a two-minute breathing technique like box breathing (inhale 4 counts, hold 4, exhale 4, hold 4). Step outside briefly between meetings. Splash cold water on your face. These don't replace bigger lifestyle changes, but they work in the moment, and moments add up.

Stress is relentless, but it's also manageable, especially when you catch it early. Start by listening to what your body is already telling you. Although you can't eliminate stress, you can learn stress management techniques.

If you are feeling stressed or if things seem to be too much, remember that your EAP offers a variety of stress management resources for you and your family members.

### Here's a sampling:

- One-to-one professional coaching for Stress Management & Resilience
- Telephonic counseling from clinical professionals 24/7/365 for stress, anxiety, depression, mental health issues, and more
- Online self-help resources and video courses
- Resources to help with issues that can cause stress, such as debt, time management, and family dynamics
- Health and wellness tools that address fitness, sleep, and nutrition, and other healthy strategies that can help minimize stress



## April Webinar

### Financial and Mental Health

Money can be an emotional topic and bad money habits often lead to mental stress. Learn how to navigate emotional money situations with purpose and confidence. We'll explore why we do what we do with our money, address approaches to personal finance, and learn how to harness the power of positive thought and emotions.

To access this Webinar and related resources, simply log in to [www.HealthCareEAP.com](http://www.HealthCareEAP.com) during April.

## Alcohol Awareness Month

**April is Alcohol Awareness Month.** One in every 10 U.S. adults suffers from alcohol use disorder or dependence. The Centers for Disease Control and Prevention says that more than 178,000 deaths a year are attributable to excessive alcohol use, making alcohol one of the leading preventable causes of death in the U.S. But there is good news. Health messages are getting through, particularly to younger people.



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A recent Gallup study reports the [U.S. Drinking Rate at New Low as Alcohol Concerns Surge](#): “For the first time in Gallup’s trend, a majority of Americans, 53%, say drinking in moderation, or “one or two drinks a day,” is bad for one’s health. Just 6% say it’s good for one’s health, while 37% believe it makes no difference ... Among Americans who do drink, consumption patterns are shifting. A record-low 24% of drinkers say they had a drink in the past 24 hours, while 40% say it has been more than a week since they last consumed alcohol, the highest percentage since 2000.”

That’s great news, but if alcohol causes problems for you or someone you love, here are some resources:

- [Take the online alcohol use disorder quiz](#)
- [Alcohol and Your Health](#)
- [Sober curious? We’ve got resources to help](#)
- [Alcohol Awareness: How’s your drinking?](#)

## Spring Training Picks

Get a Spring tuneup for your brain! Explore the thousands of topics in your online Training Center. We offer a few suggestions below, but you can search for your own themes. Simply click on “**Member Login**” at [www.HealthCareEAP.com](http://www.HealthCareEAP.com), sign in, and click on the comprehensive training library in the Training Center.

- **NEW! AI for Brainstorming Ideas | Course ID: SVL\_014696**  
Don’t let AI replace your thinking. When you master brainstorming “with” AI, you turn the process into a collaboration. In this 7-minute video lesson, learn prompts to make AI become an extension of your own voice, your own ideas.
- **NEW! Culture of Civility: Bystander Response to Harassment | Course ID: SVL\_1023382**  
This 5-minute video course covers several practical strategies for how you can respond if you witness harassment.
- **Managing Stress | Course ID: SVL\_1022394**  
This 33-minute course covers workplace stress and offers healthy tips for managing it. Learn more about what stress is plus various signs, symptoms, and coping techniques. Additionally, it offers a list of common workplace stressors and how to improve your relationship with stress.

## Key April Dates

- [Stress Awareness Month](#)
- [Alcohol Awareness Month](#)
- [Financial Literacy Month](#)
- [National Child Abuse Prevention Month](#)
- [Parkinson’s Awareness Month](#)
- [National Sexual Assault Awareness Month](#)
- [Cancer Prevention and Early Detection Month](#)
- [World Autism Month](#)
- [National Donate Life Month](#)
- [4/5 - Easter](#)
- [4/7 - World Health Day](#)
- [4/15 - IRS Tax Filing Deadline](#)
- [4/20 - 24 - Every Kid Healthy Week](#)
- [4/24-30 - World Immunization Week](#)
- [4/28 - World Day for Safety and Health at Work](#)

## Accessing Your EAP Training Center

1. Go to [www.HealthCareEAP.com](http://www.HealthCareEAP.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.

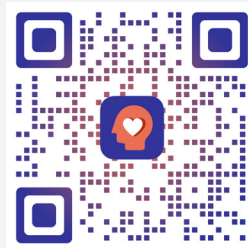
**To get a certificate:** View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

## Scan to Learn More!

Explore More of Your Employee Benefits



Download Talkspace Go For iPhone 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.)

