TotalCare EAP
A division of ESI

May 2026 Newsletter

Prioritize Your Mental Well-Being in May!

May is Mental Health Awareness Month, a reminder that your mental well-being is as important as your physical health. Stress, anxiety, family demands, and work pressures can add up, affecting how we think, feel, and perform. Taking care of your mental well-being starts with simple, intentional actions. Make time to rest and recharge, stay connected with supportive people, and don't ignore signs of burnout. Even small steps like practicing mindfulness, setting boundaries, or taking regular breaks can have a meaningful impact. It's also important to remember that you don't have to handle challenges alone. Reaching out for support is a sign of strength, not weakness. Whether you're dealing with everyday stress or more complex concerns, talking to someone can help you gain perspective and develop effective coping strategies. Your EAP is here to help, confidentially and at no cost to you. You and your family members can get the support you need when you need it:

- **NEW!** **2026 Mental Health Tips, Tools and Webinars from your EAP.** Click to access a summary of tools, webinars, and trainings selected by our counselors to address key mental health issues. Register for live sessions on Emotional Awareness, Mindfulness, Anxiety, and Resilience.
- **Telephonic In-the-Moment Counseling** from clinical professionals for anxiety, depression, mental health issues, and more. Call our toll-free number day or night to speak with a counselor – **800.252.4555**.
- **Ongoing Counseling** options include text, voice, or video messaging, chat, telehealth, and face-to-face counseling. These options are available with local in-person counselors and through our partnerships with BetterHelp* and Talkspace*. (*Prior authorization is required to avoid charges.)
- **One-to-One Professional Coaching** for stress management, resilience, and wellness issues. Call 800.252.4555 to talk about Coaching options.
- **Talkspace Go App** to access 400+ self-guided classes and live weekly therapist-led anonymous classes, assessments, meditation exercises, journaling, reminders, and more.
- **Online Self-Help Resources**, including mental health assessments, articles, videos, and more. Log in at www.theEAP.com.
- **Online Webinars and Training** for stress management, resiliency, and other mental health issues.

Remember – if you or a loved one face crises or need immediate help, **call, text, or chat 988 for the Suicide & Crisis Lifeline.** This 3-digit number offers a quick way to access free, confidential support for those who are in a suicidal crisis or mental health-related distress 24/7 across the U.S. and Canada.

Featured

May Webinar

Minimizing Worry to Maximize Your Life

We all worry at times, but if you constantly stress over everything in your life, you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder, and depression. In this session, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

To access this Webinar and related resources, simply log in to www.theEAP.com during May.

Move More, Feel Better

May is both Physical Fitness and Sports Month and National Bike Month, great reasons to get moving. Physical activity doesn't just improve strength and stamina, it also boosts mood, reduces stress, and supports better sleep. Start by finding activities you enjoy. Walking, biking, gardening, or playing a sport with family or friends all count. Even short 10–minute breaks during the day can help you recharge.

If you sit for long periods, try standing, stretching, or taking a quick walk to reset your energy. Setting realistic goals is key.

If you're looking for motivation or guidance, your EAP offers resources to help. From wellness coaching to stress management, you have access to support that can help you create a routine that fits your lifestyle.

Lifelong Learning: May Training Picks

Learning is a lifetime process that helps keep you mentally fit. Explore thousands of topics in your online Training Center. We offer a few suggestions below, or search for your own themes. Simply click on **"Member Login"** at www.theEAP.com, sign in, and click on the comprehensive training library in the Training Center.

- **Workplace Mental Health | Course ID:** SVL_1021830
  This course covers mental illness warning signs, risk factors, and coping skills. It explains how to create a healthy workplace and appropriately intervene in the case of a crisis at work. The total course is 42 minutes or break it into 6-to-8-minute segments.
- **Communication Toolkit: Respectful Communication | Course ID:** SVL_1020197
  This 8-minute course covers the basics for respectful communications at work, such as disagreements with a coworker or participating in brainstorming sessions.
- **NEW! Getting Started with Claude | Course ID:** SVL_2051572
  This 32-minute introduction to Claude (AI assistant) offers an exploration of core features, including coding assistance, document analysis, and long form writing, and how to write effective prompts for each.

Accessing Your EAP Training Center

1. Go to www.theEAP.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 May Dates

- Melanoma and Skin Cancer Awareness Month
- Older Americans Month
- High Blood Pressure Education Month
- National Asthma & Allergy Awareness Month
- Arthritis Awareness Month
- National Stroke Awareness Month
- **May 5th –** Cinco de Mayo
- **May 5th –** World Asthma Day
- **May 10th –** Mother's Day
- **May 11th-17th –** Bike to Work Week
- **May 25th –** Memorial Day
- **May 31st –** World No Tobacco Day

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.)