TotalCare EAP
A division of ESI



December 2026 Newsletter

Make Room for *More* in 2027

Before making lists of resolutions for 2027, consider this: What would you like more of in your life? More time with people you love? More energy for things you enjoy? More confidence about money? More opportunities to learn? It's a chance for a priority reset that will allow you to make room for what matters most to you. That may mean adding something meaningful, letting go of something draining, or getting help with a challenge you've been carrying alone. Start by choosing one or two things you'd like to see more of in your life and then plan small steps to create space for them. Here are a few ideas - and ways your EAP can help.

- **More breathing room.** Look at your calendar before adding another commitment. Could you simplify a routine, share a responsibility, or politely decline something? Explore EAP resources for managing your time and finding a more comfortable work-life balance by logging in to www.theEAP.com.
- **More connection.** Make getting together with your favorite people easier with a regular phone call, a shared lunchtime walk, or a monthly meal. If an important relationship needs work, EAP coaching or counseling can help you address the challenges.
- **More financial confidence.** Choose one manageable task, such as reviewing subscriptions, organizing bills, or setting up a small automatic savings transfer. EAP financial tools and coaching can help you identify priorities, establish budgets, reduce debt, and plan ways to save for big financial goals.
- **More enjoyment.** Revisit a hobby or pastime you once loved or try something new that sparks your curiosity. Read for pleasure, take a class, make music, spend time outdoors, or travel to a new place. Give enjoyment an actual place on your calendar.
- **More Growth.** Learning new skills and competencies can be satisfying and yield personal and professional growth. Your EAP has a wealth of learning resources, from online work-related training to personal growth webinars in the Talkspace Go App.
- **More support.** You don't have to solve every problem before asking for help. Whether you're navigating stress, caregiving, a difficult transition, or an ongoing concern, your EAP offers counseling and practical resources to help you move forward.

As the year unfolds, check in with yourself: What's working and what needs adjusting? Your priorities may change, and your plans can change with them. You don't need to map out all of 2027 today. Start by making a little room for some things that matter most to you and go from there. And remember, your EAP is here to help.

Featured

December Webinar

Finding Harmony Being a Parent and a Professional

There is perhaps no more delicate balance than being a parent and a working professional. This seminar will discuss the realities of the modern working landscape for parents. Get strategies for time and household management and learn how to find the most elusive thing of all: quality time just for yourself.

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



Holiday Budget Helper

Are you running out of ideas, time, or money for those last-minute gifts? How about a gift card at a discount for that hard to buy for person on your list? Don't forget to check your EAP Member Discounts for thousands of exclusive discounts and cashback offers from popular national brands. Login at www.theEAP.com to check daily deals and enter daily for a chance to win exciting prizes!

Season's Greeting from Your EAP Team!

All of us at ESI Employee Assistance Group extend our warmest wishes to you and your loved ones for a season filled with good health, serenity, joy, and love. Stay safe and have a very happy holiday! Be sure to check out our **2026 Holiday Survival Toolkit** for some handy advice, and remember: as the season progresses, no matter how or where you celebrate, if things don't go as planned and you need help, you can reach out to your EAP 24/7/365 – even on holidays – **by calling 800-252-4555.**

We've loved helping our EAP members in 2026 and look forward to being there for you and your family in 2027! Whether it's for problem solving, personal growth, or professional development, remember that our counselors, coaches, and training resources can help you on your journey.

December Training Selections

Explore our online video training suggestions below or search for your own topics. Simply click on **"Member Login"** at www.theEAP.com, sign in, and click on the Comprehensive Training Library in the **"Training Center."**

- **Winter Safety Course | Course ID: SVL_084731**

  Winter months and the holiday season can create special hazards. This 16-minute course will cover the hazards, the equipment and safe practices to prevent accidents and injuries during the winter season.

- **6 Tips to Achieve Work-Life Balance| Course ID: SVL_1020015**

  This 8-minute video will help you learn why a healthy work-life balance is important to well-being, and how to move toward a more productive and fulfilling life at home and at work.

- **5 Tips for Giving Feedback to Peers | Course ID: SVL_1021309**

  Learn when peer-to-peer feedback is appropriate and how it's important to give and receive feedback to contribute to a positive team culture. This 6-minute lesson will offer strategies for giving constructive criticism.

Access 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 December Dates

- **Safe Toys Month**
- **12/1 - World AIDS Day**
- **12/3 - International Day of Persons with Disabilities**
- **12/4-12/12 - Hanukkah**
- **12/6-12/12 - National Handwashing Awareness Week**
- **12/16-1/1 - Drive Sober or Get Pulled Over**
- **12/25 - Christmas**
- **12/26-1/1 - Kwanzaa**
- **12/31 - New Year's Eve**

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.)