

### Time to Pause & Review 2021:

#### Articles + Best Practices for Increasing Engagement!

*By Nicole Anderson*

With another year coming to a close we're taking a moment to look back on 2021 and provide you with a recap of the various tools assessable to you, as a leader, in relation to your Employee Assistance Program (EAP). Leveraging the [Wheel of Well Being](#) is more important than ever as we begin a clean slate with the new year! Check out the VITAL WorkLife articles provided to you in 2021 to help enhance well being at your organization.



#### In Case You Missed It – 2021 Article Recap

[How to Use Your EAP: Counseling](#)

[5 Best Practices When Working Remotely](#)

[Congrats – Your Coping Skills Have Been Upgraded!](#)

[How to Use Your EAP Resources](#)

[Understanding Mental Health Today and How VITAL WorkLife Can Help](#)

[How to Improve Sleep Habits to Support Your Health and Well Being](#)

[How to Use Your EAP: Member Site and Financial & Legal Resources](#)

[Working Together: Understanding and Respecting Differences in the Workplace](#)

[What Does Spirituality Mean and Why Is It Important for Your Well Being?](#)

[Emotional Intelligence: What Is It and Why It's Important in Daily Life](#)

[How to Use Your Well Being Resources: VITAL WorkLife App](#)

#### 3 Tips for Increase Engagement with Your EAP Solution

Start planning for the new year and how you can leverage your EAP resources to support the well being of your employees. The following best practices are great ways to increase awareness of the resources available:

1. Pull snippets from the articles linked above and include in your internal employee intranet sites, newsletters or share in employee breakrooms.
2. Try out the resources yourself and speak with employees about your own experience using the EAP. A positive testimonial from leaders can be a powerful tool to help employees feel comfortable talking about mental health and accessing their resources.
3. Provide information about your EAP resources during employee orientation and open enrollment periods to best leverage the tools on your [Resource Site](#).

#### We Can Help

Here's a recap of all the resources available to you, your employees and their family members as part of their EAP resources:

- Face-to-face and virtual counseling for you and your family
- No cost financial consultations and resources
- No cost legal consultations and resources
- In-the-moment behavioral health support with a master's or doctorate level counselor, available 24/7
- [Nurse Peer Coaching](#)—a confidential resource, connecting you with a nurse outside of your organization, who understands your profession and can help set goals
- [Educator Peer Coaching](#)—talk with an educator from outside your organization who understands what you are going through and can help you set personal and professional goals
- Coaching for career building, goal setting and achievement
- [VITAL WorkLife App](#) so you can connect with your resources anytime, anywhere
- [Member Website](#): Resources such as articles and online seminars for your work & life on hundreds of topics, such as parenting, healthy living, elder care, mental health, aging, financial tips and more

**Access your resources by calling 800.383.1908 or through the VITAL WorkLife App.**