

# EAP Quarterly Calendar of Resources

APRIL	MAY	JUNE
<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› Making Time for Work and Family</li> </ul>	<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› The Science of Happiness</li> </ul>	<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› The Facts About PTSD</li> </ul>
<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› National Alcohol Awareness Month/Substance Misuse</li> <li>› Financial Literacy Month</li> <li>› Stress Awareness Month</li> </ul>	<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› Women's Health Month</li> <li>› Mental Health Awareness Month</li> <li>› National Physical Fitness and Sports Month</li> </ul>	<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› LGBTQ+ Pride Month</li> <li>› Men's Health Month; Men's Health Week</li> <li>› Juneteenth</li> </ul>
<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>National Alcohol Awareness Month/Substance Misuse</b> <ul style="list-style-type: none"> <li>• <b>Find:</b> "Substance Use, Misuse and Addictions" under "Emotional Wellbeing" tile</li> <li>• <b>From Training Library:</b> Working Sober! Substance Abuse in the Workplace <a href="#">SVL_061136</a></li> <li>• <b>Newsletter:</b> Do you know the signs of alcohol misuse?</li> </ul> </li> <li>› <b>Financial Literacy Month</b> <ul style="list-style-type: none"> <li>• <b>Explore:</b> "Personal Finance &amp; Education Center" tile</li> <li>• <b>Find:</b> Finance &amp; Investing Courses under "Personal Finance &amp; Education Center" tile</li> <li>• <b>Blog:</b> <a href="#">Money worries? Learn how ESI EAP can help</a></li> <li>• <b>From Training Library:</b> Personal Financial Health <a href="#">SVL_1020539</a> Setting Personal Financial Goals <a href="#">SVL_102298</a></li> </ul> </li> <li>› <b>Stress Awareness Month</b> <ul style="list-style-type: none"> <li>• <b>Find:</b> Under "Emotional Wellbeing" tile and "Featured Learning Centers"</li> <li>• <b>From Training Library:</b> Creating a Happy and Healthy Headspace: How to Reduce and Manage Stress <a href="#">SVL_014367</a> Managing Stress <a href="#">SVL_102315</a></li> <li>• <b>Newsletter:</b> How to say "no" to stress overload</li> </ul> </li> </ul>	<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>Women's Health Month</b> <ul style="list-style-type: none"> <li>• <b>Use search tool:</b> "Women's Health"</li> <li>• <b>Find:</b> "Women's Health" under "Wellness Center and Physical Health" tile</li> </ul> </li> <li>› <b>Mental Health Awareness Month</b> <ul style="list-style-type: none"> <li>• <b>Use search tool:</b> Search "Mental Health"</li> <li>• <b>Find:</b> "Mental Health" under "Emotional Wellbeing" tile</li> <li>• <b>From Training Library:</b> Workplace Mental Health <a href="#">SVL_1021830</a></li> <li>• <b>Blog:</b> <a href="#">May is the month to raise your mental health awareness</a></li> <li>• <b>Newsletter:</b> Mental Health Matters</li> </ul> </li> <li>› <b>National Physical Fitness and Sports Month</b> <ul style="list-style-type: none"> <li>• <b>Use search tool:</b> "Physical Fitness"</li> <li>• <b>Find:</b> "Fitness and Nutrition" under "Wellness Center and Physical Health" tile</li> <li>• <b>Newsletter:</b> Springing Into Action</li> <li>• <b>From Training Library:</b> 4-Minute Workplace Workout #1: Good Mornings <a href="#">SVL_104293</a> Quick and Easy Exercises <a href="#">SVL_104428</a></li> </ul> </li> </ul>	<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>LGBTQ+ Pride Month</b> <ul style="list-style-type: none"> <li>• <b>Use search tool:</b> "LGBTQ+"</li> <li>• <b>From Training Library:</b> Gender Identity: What Does LGBTQIA+ Mean? <a href="#">SVL_008009</a> LGBT+ Equality in the Workplace <a href="#">SVL_102928</a></li> <li>• <b>Newsletter:</b> Equitable Workplace</li> <li>• <b>Blog:</b> <a href="#">LGBTQ+ Pride Month at Work</a></li> </ul> </li> <li>› <b>Men's Health Month; Men's Health Week —June 12th-18th</b> <ul style="list-style-type: none"> <li>• <b>Find:</b> "Men's Health" under "Wellness Center and Physical Health" tile</li> <li>• <b>Newsletter:</b> Dad Tips</li> <li>• <b>Blog:</b> <a href="#">June Is Men's Health Month</a></li> </ul> </li> <li>› <b>Juneteenth</b> <ul style="list-style-type: none"> <li>• <b>Search:</b> "Black Americans"</li> <li>• <b>Find:</b> "Building a Respectful Workplace" under "View All" of the "Featured Learning Centers" section</li> <li>• <b>Blog Post:</b> <a href="#">Juneteenth National Independence Day: Recommit to ending racism at work</a></li> <li>• <b>From Training Library:</b> How to Effectively Address Racism <a href="#">SVL_014592</a> Reducing the Impact of Unconscious Bias <a href="#">SVL_104390</a></li> </ul> </li> </ul>

**Coaching & Counseling 24/7—800.252.4555**  
 Need help logging into the Self-Help Resource Center/Website? [Click here](#)