

# May Mental Health Awareness Month

## ✓ Tips & Tools From Your EAP

To help raise awareness for Mental Health issues that you or your family may experience at work or at home, ESI EAP has compiled a variety of resources, including tools, trainings, assessments and more to address common mental health challenges. During the month of May, we will also hold a series of live webinars that you can attend – or if you can't attend live, recordings will be made available.

Unless otherwise noted, please visit [www.HigherEdEAP.com](http://www.HigherEdEAP.com) and log in to your Self-Help Resource Center to access these tools.

[\(Click for more info on logging in\)](#)



## ✓ Webinars and Trainings

Click on the titles below to access the resources.

### • **Relaxation Rx**

Most of us feel too busy to even think about taking time out to relax. But the reality is that regular relaxation is crucial. If we don't stop regularly to "refuel," we risk emotional and physical burnout. Even a small investment of 5-10 minutes a day can have a huge return. This webinar will include demonstrations of relaxation techniques that provide immediate as well as long-term benefits. We'll also learn how to detect burnout "triggers" and discover ways to regain a sense of balance and motivation. You will leave feeling recharged and better able to tackle daily demands.

### • **Managing Anxiety**

Completing this course will help you: learn about different types of anxiety and symptoms, tune into your own anxiety levels and causes of stress, assess your willingness to change, and learn strategies to help manage your anxiety.

### • **Building a Life of Gratitude**

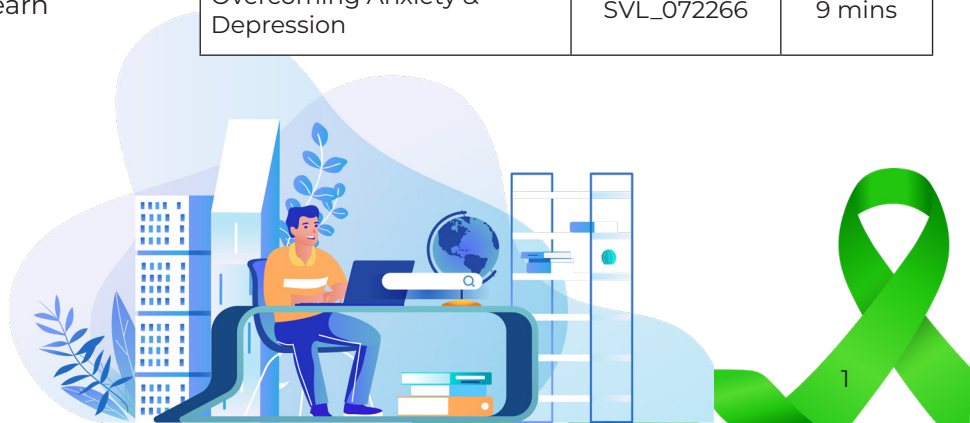
At the end of this training, you will know: What gratitude is; How gratitude impacts your life; The scientific benefits of a gratitude practice; What gratitude can look like in the workplace; How you can build your own gratitude practice.

## Comprehensive Training Library

Training	Course Code	Duration
Expert Insights: Workplace Mental Health with Michael Wellington	SVL_1020601	28 mins
Expert Insights: Workplace Mental Health for Managers with Michael Wellington	SVL_1020593	34 mins
Overcoming Anxiety & Depression	SVL_072266	9 mins



800.252.4555  
[www.HigherEdEAP.com](http://www.HigherEdEAP.com)



## ✓ Mental Health Screenings

Confidential, self-administered “tests” to offer a reading on:

- [Depression Checklist](#)
- [Screening for Generalized Anxiety Disorder](#)
- [Alcohol Use Disorders Identification Test](#)
- [Drug Abuse Screening Test](#)

## ✓ Learning Centers

Topical Learning Centers include webinars, articles, suggested apps, books, podcasts, and more.

- [Anxiety](#) – Anxiety disorders overwhelm people with chronic feelings of anxiety and fear, but there are many things you can do that will help.
- [Gratitude](#) – Gratitude is the most powerful of all the positive emotions. Gratitude helps create a solid foundation for experiencing more happiness and can foster a stronger sense of joy, hope, and optimism in one’s life.
- [Depression](#) – Most people feel sad or depressed at times, but when intense sadness persists and keeps you from living and enjoying your life, it may be depression.
- [Mindfulness](#) – Mindfulness is simply focusing your attention on the present moment. Practicing mindfulness can benefit you in many ways.
- [General Wellbeing](#) – It’s important to keep your life in balance, and to figure out how you can best achieve that balance.
- [Sleep Health](#) – Sleep is the body’s opportunity to repair and recharge physically and emotionally. Getting more sleep, and getting good quality sleep can be challenging. But there are some simple things you can change that can make a big difference.



Explore your EAP benefits!



Download Talkspace Go

## ✓ Live Interactive Sessions



- Friday, May 8th, (12:30-1:30 EST) [Register](#)  
**Increasing Emotional Awareness**  
 Everyone can grow in their emotional awareness at any time. When you increase your awareness, you increase your resilience, confidence, and connection with others. In this class, you will learn tools for greater awareness and a better understanding of how emotions impact you.
- Wednesday, May 13th, (12:30-1:00 EST) [Register](#)  
**Mindfulness for Mental Health**  
 Mindfulness practices have shown to be helpful in reducing stress, anxiety and pain. In this session, participants will learn simple mindfulness and meditation practices to bring into everyday life to support mental well-being.
- Wednesday, May 20th, (12:30-1:15 EST) [Register](#)  
**Understanding Anxiety**  
 Anxiety is a natural human response to stress, uncertainty, or perceived threats. It involves physical sensations - such as a racing heart or rapid breathing - as well as emotional reactions like worry, fear, or uneasiness. While occasional anxiety is normal and even helpful, chronic, or intense anxiety can interfere with daily life. Understanding anxiety helps us spot its signs, reduce stigma, and manage it effectively.
- Wednesday, May 27th, (12:30-1:00 EST) [Register](#)  
**Self-Care for Stress Resilience**  
 Stress can feel overwhelming at times. Finances, caregiving, parenting and work stress can impact our physical, emotional and psychological health. This session will be an engaging self-care experience, providing participants with daily practices that can be applied to build resiliency and increase well-being.

After registering for a live session, you will receive a confirmation email containing information about joining the meeting.

