

EAP Quarterly Calendar of Resources

FEBRUARY

ESI's Featured Website Monthly Topic

- **Navigating the Death of a Loved One** – Resources include a webinar and relevant content

Selected National Observances

- Black History Month
- Random Acts of Kindness Week
- American Heart Month

Suggested Relevant EAP Resources

- **Black History Month**
From Our Comprehensive Training Library:
 - Expert Insights: Inclusive Mindset with Justin Jones | [SVL_1021108](#)
 - Diversity: Seeking Commonality (Employee Version) | [SVL_102562](#)
- **Random Acts of Kindness Week | February 14th-17th**
 - EAP February Newsletter – Spread the Love/Tips for Brightening Someone's Day
 - **Self-Help Resource Center/Website:** Click the **Connections/Work-Life** tile, then click **Relationships**
- From Our Comprehensive Training Library:**
 - Emotional Intelligence Crash Course | [SVL_1027460](#)
- **American Heart Month**
 - **Self Help Resource Center/Website:** Click the Wellness Center and Physical Health Tile, then click **Heart Health**

Coaching & Counseling 24/7 – 800.252.4555

MARCH

ESI's Featured Website Monthly Topic

- **Caring for the Caregiver** – Resources include a webinar and relevant content

Selected National Observances

- Women's History Month
- National Sleep Awareness Week
- National Nutrition Month

Suggested Relevant EAP Resources

- **National Sleep Awareness Week**
From Our Comprehensive Training Library:
 - Support your Sleep | [SVL_072267](#)
 - Overcome Insomnia | [SVL_066340](#)
 - Wellness Toolkit: Improving Your Sleep Hygiene | [SVL_1020496](#)
 - Wellness Toolkit: The Science of Good Sleep | [SVL_1020495](#)
- **From our Self-Help Resource Center/Website:**
 - Search 'SLEEP' under Featured Learning Centers
- **National Nutrition Month**
 - **Self Help Resource Center/Website:** Search "nutrition" or "healthy food"
 - Webinar: [Eat Your Way to Better Health!](#)
 - Video: [Learning Healthy Eating Guidelines](#)

Need help logging into the Self-Help Resource Center/Website? [Click here](#)