



CONCERN:EAP

# Healthy & Resilient Workplace

## 2018 Communication Calendar

Resilience is the ability to persist and even flourish while under pressure. And, like any other skill, it can be developed with a little practice once you know where to start. Our monthly *Healthy & Resilient Workplace* newsletters offer insightful articles with practical tips to help set you on the path to a healthier and more resilient you.



### January

#### **Living with Purpose, One Day at a Time**

How a meaningful life isn't always about one true purpose but finding meaning in the everyday.



### February

#### **Find More Time by Giving Some Away**

How the act of volunteering can help us feel like we have time to spare.



### March

#### **Cents and Sensibility**

How our finances affect more than our bank balance, and ways to build capital and resilience.



### April

#### **Social Media: Keep the Social in and the Stress Out**

How social media use can impact mood and wellbeing for better or worse.



### May

#### **The Wonder of a Wandering Mind**

How to leverage meandering thoughts to build focus and resilience.



### June

#### **Keep Social Contagion out of Everyday Choices**

How keeping up with the Joneses can lead in the wrong direction.



### July

#### **S.T.O.P. to Keep Relationships Moving**

How taking a pause to think and speak constructively can build momentum in relationships.



### August

#### **Building a Bridge for Smoother Change**

How the Bridges Transition Model can help build resilience in the face of change.



### September

#### **Actions Are Louder than Words**

How to improve your body language vocabulary.



### October

#### **Conclusion Jumping**

How to keep emotions, bias and decision fatigue from impairing smart choices.



### November

#### **Think Before You Open Your Mouth**

How conscious choices when speaking or eating can help reduce the impact of stress.



### December

#### **Conflict Averting Skills for Tough Conversations**

How to approach hard conversations constructively.