

# One Source EAP Connections

## Happy Holidays: The Year in Review

December 2021

### Happy Holidays from the One Source EAP Team!

The most wonderful thing about this year is it appears we won't have to use Zoom to be together for a meal, or do drive-by buffets. We'll actually be able to be together, and that is the best gift of all.

The holidays also come with stress. Throughout 2021, One Source EAP has had the privilege of presenting timely topics each month to help you navigate stressful events and emotions. These same topics may help you manage the stress of the holiday season.

It is our pleasure each month to remind you that your EAP benefit is here for you when and how you need it. The confidential benefit is available to **all employees**. One-on-one counseling can help with any topic disrupting your peace of mind. Call **(800) 300-0628** and a representative will help you connect with a licensed professional.

Your EAP benefit includes **free sessions per topic, per year** for you and your family members, including children up to age 26.

Visit our [website](#) for additional information and

### Additional Resources for You...

One Source EAP presents a wide variety of seminars, including **Work Life Balance**, **Managing Stress Instantly** and **Mastering Self Care** for teams of three or more. [Schedule a seminar](#) for your next team or staff meeting through your HR partner.

The [Calm Collection](#) original video series can help you anytime, anywhere on any device to reduce stress in just minutes.



### 2021 Newsletter Roundup

The topics for each EAP Newsletter are designed to help you year-round. Click on the title below to read or re-read each issue.

- **January:** [A Reason for Hope](#)
- **February:** [Overcoming COVID-19 Fatigue](#)
- **March:** [Help When and Where You Need It](#)
- **April:** [Mindfulness Matters](#)
- **May:** [Mental Health Awareness Month](#)
- **June:** [Getting Back to Something Like "Normal"](#)
- **July:** [Celebrating Resilience!](#)
- **August:** [Making Your Work - Life Balance](#)
- **September:** [Back To School Stress](#)
- **October:** [Make Calm Your Superpower!](#)
- **November:** [Make Gratitude Your Attitude](#)

