

# 2022

## EAP Wellness Seminar Calendar



View the seminars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section, so you have the ability to browse and learn from the questions of others.

	Theme	Title	Description
JAN	Getting Into the Right Frame of Mind for 2022	<b>Reframing Your Way Through 2022</b> Available on Demand Starting Jan 18th	Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB	Honoring Grief and Loss	<b>Navigating Through Grief and Loss</b> Available on Demand Starting Feb 17th	Discover ways to say goodbye and go through the five stages of grief in a healthy way.
MAR	Engagement	<b>From Tired to Inspired: Keeping Engaged and Preventing Burnout</b> Available on Demand Starting Mar 17th	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR	Finding a Hobby	<b>Finding a Hobby: How It Impacts Your Life</b> Available on Demand Starting Apr 19th	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY	Getting a Good Night's Sleep	<b>Sleep Essentials</b> Available on Demand Starting May 17th	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN	Exploring Nature	<b>Finding Yourself Through Nature</b> Available on Demand Starting Jun 21st	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL	Digital Health	<b>Unplugged: Digital Detoxing</b> Available on Demand Starting Jul 19th	Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG	Self-Care Strategy	<b>Self-Care: Take Better Care of Yourself</b> Available on Demand Starting Aug 16th	Identify ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP	Open Communication	<b>Open Communication: Powerful Ways to Create It</b> Available on Demand Starting Sep 20th	Attain the skills to have open and effective communication at work and at home.
OCT	Navigating Holidays	<b>Navigating Your Holidays</b> Available on Demand Starting Oct 18th	Learn some effective ways to plan, organize, and make the most of your holiday.
NOV	Overtime: Working Caregivers	<b>The Sandwich Generation at Work</b> Available on Demand Starting Nov 22nd	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
DEC	Taking Control of Stress	<b>Stress Buster: Managing and Taking Control of Your Life</b> Available on Demand Starting Dec 21st	Manage your stress in a healthier way and learn some strategies to take control of your life.

To view a seminar on demand, go to [anthemeap.com](http://anthemeap.com) and enter your company code: **VBA**

You'll find a link to these and other seminars on the homepage.