

Your guide to thriving

MAY & JUNE 2026
MEMBER NEWSLETTER



Coping with anxious thoughts

Anxious thoughts can feel overwhelming. While they're a normal response to stress, you don't have to get caught up in them. Simple strategies can help you feel more in control and respond more calmly.

- ✓ **Notice patterns** by paying attention to when and where anxiety shows up and what happened right before.
- ✓ **Limit "what if" thinking** by focusing on what's likely instead of worst-case scenarios.
- ✓ **Focus on the present** by using your senses to ground your thoughts—name what you see, feel, hear, smell, and taste.
- ✓ **Set realistic expectations** by focusing on what you can control and taking things one step at a time.



Featured webinars

May: Minimizing Worry to Maximize Your Life

June: Wellness Wisdom for Women

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Improve your mental health through fitness

Fitness isn't just good for your physical health—it supports your mental health, too. Simple movement can reduce stress, lift your mood, and help you feel more balanced.



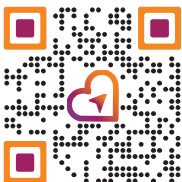
Eat more mindfully

Pause, slow down, and pay attention when you eat. Mindful eating helps you enjoy your food, feel satisfied, and avoid eating on autopilot.



Fostering relationships online and in person

However you connect with others, what matters most is showing you care—checking in, giving your full attention, and responding thoughtfully in the moments you share.



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