

# 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 14<sup>th</sup>-17<sup>th</sup>**
  - 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 | March 13th-19th**  
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](#)**