

# EAP Quarterly Calendar of Resources

**Please note:** You must be logged in to the EAP website to access certain links/resources below.

JANUARY	FEBRUARY	MARCH
<b>ESI's Featured Website Monthly Topic</b> > Staying Healthy as You Age	<b>ESI's Featured Website Monthly Topic</b> > Painless Estate Planning	<b>ESI's Featured Website Monthly Topic</b> > Bullying: Awareness and Effective Response
<b>Selected National Observances</b> > New Year's Resolutions > National Glaucoma Awareness Month > National Mentoring Month > Martin Luther King Jr. Day—1/15/24	<b>Selected National Observances</b> > American Heart Month > Black History Month > Random Acts of Kindness Week—2/13/24 – 2/19/24 > National Eating Disorders Awareness Week—2/26/24– 3/4/24	<b>Selected National Observances</b> > National Nutrition Month > National Sleep Awareness Month > National Kidney Month > National Drug and Alcohol Facts Week—3/18/24– 3/24/24
<b>Suggested EAP Resources</b> > <b>New Year's Resolutions</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources to give New Year's Resolutions a boost</a></li> <li>• <b>From Training Library:</b> The Change Master Toolkit: <a href="#">SVL_102639</a></li> </ul> > <b>National Glaucoma Awareness Month</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Glaucoma</a></li> <li>• <b>External Link:</b> <a href="#">Glaucoma Research Foundation</a></li> </ul> > <b>National Mentoring Month</b> <ul style="list-style-type: none"> <li>• <b>From Training Library:</b> Being a Great Mentor or Mentee: <a href="#">SVL_102449</a></li> <li>• <b>External Link:</b> <a href="#">National Mentoring Month</a></li> </ul> > <b>Martin Luther King Jr. Day - January 15th</b> <ul style="list-style-type: none"> <li>• <b>External Link:</b> <a href="#">The King Center</a></li> <li>• <b>Blog Post:</b> <a href="#">Leadership Lessons: Martin Luther King Jr</a></li> </ul>	<b>Suggested EAP Resources</b> > <b>American Heart Month</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Heart Health</a></li> <li>• <b>External Link:</b> <a href="#">American Heart Association</a></li> </ul> > <b>Black History Month</b> <ul style="list-style-type: none"> <li>• <b>External link:</b> <a href="#">Black History Month</a></li> <li>• <b>From Training Library:</b> Overcoming Unconscious Bias: <a href="#">SVL_1023350</a></li> </ul> > <b>Random Acts of Kindness Week—2/13/24 – 2/19/24</b> <ul style="list-style-type: none"> <li>• <b>EAP Newsletter Archives:</b> <a href="#">Spread the Love</a></li> <li>• <b>External Link:</b> <a href="#">The Random Acts of Kindness Foundation</a></li> </ul> > <b>National Eating Disorders Awareness Week—2/26/24– 3/4/24</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Eating Disorders</a></li> <li>• <b>External Link:</b> <a href="#">The National Institute of Mental Health - Eating Disorders</a></li> </ul>	<b>Suggested EAP Resources</b> > <b>National Nutrition Month</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Nutrition</a></li> <li>• <b>Newsletter Archive:</b> <a href="#">Boost Your Nutrition to Boost Your Health!</a></li> <li>• <b>External Link:</b> <a href="#">Eatright.org - Academy of Nutrition &amp; Dietetics</a></li> </ul> > <b>National Sleep Awareness Month</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Sleep Health</a></li> <li>• <b>External Link:</b> <a href="#">National Sleep Foundation</a></li> </ul> > <b>National Kidney Month</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Kidney Health</a></li> <li>• <b>Blog Post:</b> <a href="#">Be kind to your kidneys – it's National Kidney Month!</a></li> </ul> > <b>National Drug and Alcohol Facts Week—3/18/24 – 3/24/24</b> <ul style="list-style-type: none"> <li>• <a href="#">EAP Self-Help Resources on Substance Use, Misuse and Addictions</a></li> <li>• <b>External Link:</b> <a href="#">National Drug and Alcohol Facts Week</a></li> </ul>

Coaching & Counseling 24/7—1-800-252-4555  
 Need help logging into the Self-Help Resource Center/Website? [Click here](#)