



★ AMERICAN ★ HEART MONTH

FEBRUARY



February 2025 Newsletter

Heart Smarts for Heart Month

Since 1963, February has been designated [American Heart Month](#), a time to focus on the importance of our own cardiovascular health and the heart health of those we love. It's important because heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. One person dies every 33 seconds from cardiovascular disease.

Here are things you can do to protect both your own heart health and that of your loved ones, not just in February, but throughout the year:

- Learn the steps to lower the risk of heart disease. The American Heart Association recommends key measures to help lower the risk for heart disease, stroke, and other major health problems which they call [Life's Essential 8](#):

Eat better; Be more active; Quit tobacco; Get healthy sleep; Manage weight; Control cholesterol; Manage blood sugar; Manage blood pressure. Click the link above to learn more.

- [Know your blood pressure](#). Check it regularly at home, at the doctor's office or at the pharmacy. If it's high, make it a priority to take steps to control it.
- Familiarize yourself with [heart attack and stroke symptoms](#), and learn what to do if you or someone around you appears to be experiencing cardio-vascular trouble. Take a CPR and First Aid training course. When properly and promptly performed, CPR can greatly improve a person's chance of survival should they experience cardiac arrest. Anyone can learn CPR.
- Make heart health a family affair with [6 steps for the whole family to be healthy](#). Share what you learn about heart health, give heart-healthy gifts for Valentine's Day, exchange heart-friendly recipes, buddy up on fun heart-healthy activities, and remind loved ones about annual checkups.
- Log in to your EAP's self-help wellness resources at www.theEAP.com to find health articles, health assessments, and useful information on various health topics.

The Ultimate Random Act of Kindness

Most of us love to hear good news stories about the kindness of strangers – whether it be about someone engaging in a life-saving act or simply helping an elderly person get across a busy street. In February we celebrate [Random Act of Kindness Week and Day](#), times to celebrate and encourage spontaneous acts of kindness. Find stories of kindness and ways you can spread kindness at home, at work, and at school. We have a suggestion for the ultimate random act of kindness: Register as an organ donor on February 14, National Donor Day.

A single organ donor has the potential to save up to 8 lives! Most people know that you can sign up to donate organs and body parts after death, but did you know that you can also register to donate one kidney, part of your liver, and certain other organs and tissues while you are still alive? [Learn more about both types of organ donations and how to register.](#)

Featured February Webinar



Understanding Neurodiversity

Being neurodivergent means having a brain that works differently from the average or "neurotypical" person. Learn what neurodiversity is, what it means to be a neurodivergent person, and the varied strengths and differences of various neurotypes.

To access this Webinar and related resources, simply log in to www.theEAP.com during February.

Random Acts of Kindness Day

FEBRUARY 17



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Slow Down!

In today's fast-paced, hectic world, it's easy to burn out. Learning to slow things down can take a conscious effort and practice. Here are a few "slow" tips.

- **Practice "mono-tasking."** Do one thing at a time and give it your full attention.
- **Ease into your day.** Start with a walk and a nutritious meal. Wait until you get to work to check email.
- **Change the pace.** Commit to slow, contemplative activities that require a different type of focus: Yoga, reading, chess or meditation.
- **Master technology.** Turn off notifications. Check your phone and retrieve email at set times rather than having it delivered.
- **Schedule disconnected times.** Take occasional vacations or weekends that are device-free.

Get Inspired in February

Beat the winter blues by focusing on your future with inspiration from extraordinary people who achieved success in their fields.

- **NEW! Thirty Minute Mentors** - Leadership guru Adam Mendler goes one on one with America's most accomplished and insightful people on how they made it to the top and how you can too. Each episode features a wealth of practical, actionable advice from a leading CEO, founder, athlete, celebrity, influencer, or general / admiral. Learn how to lead in today's landscape, become your best self and excel personally and professionally. Explore over 100 audio-only interviews, each approximately 30 minutes.

Simply click on "Member Login" at www.theEAP.com, sign in, and click on the Comprehensive Training Library in the "Training Center" and enter "Thirty Minute Mentors" in the search bar.

Key February Dates

- [Black History Month](#)
- [Teen Dating Violence Awareness Month](#)
- 2/7 – [National Wear Red Day](#)
- 2/14 – [Valentine's Day](#)
- 2/14 – [National Donor Day](#)
- 2/17 – [Presidents Day](#)
- 2/24-3/2 – [National Eating Disorders Awareness Week](#)

Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

Accessing Your EAP Training Center

1. Go to www.theEAP.com and click the **Member Login** button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. **You only need to register once.**
4. Click the **Training Center** and then choose **Comprehensive Training Library**.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the **Play** or **Start** button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.



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