

Pssst... pass this on! As the primary contact at your company, we rely on you to share this information with your colleagues. When you forward this email - you are empowering the individuals in your company to use the many resources available to them through EFR's Employee Assistance Program.



Reach Out with the Monthly Motivator



Reach Out

Life is best navigated when you have support. Consistent connections to family, friends, and colleagues enhances well-being. This month try some of the challenges and focus on fostering meaningful connection in your life.

[Download this month's Monthly Motivator](#)

[Click here to download in Spanish](#)

Stay Connected with our Blogs, Podcasts, & Webinars

We're here to help you overcome life's challenges and achieve your full potential. Whether you're taking the first step or already making strides, we have a [digital content hub](#) filled with expert podcasts, blogs, and webinars designed to inform, assist, and inspire you on your way to greater well-being.

July Blog



[Boundaries, Not Barriers](#)

How often do you find yourself managing family expectations at the expense of your own comfort? Or you feel obligated to say "yes" to every request? Or you're home from work, but respond to an after-hours email anyway?

If you are responding yes to any (or maybe all) of these questions, you may need to take a look at your boundaries. In a world of seemingly constant connection, setting personal boundaries is important to overall mental health and well-being. [Read more...](#)

July Podcast

[The Freedom of Forgiveness](#)

In this episode of Emotion Well, we welcome life coach, yoga instructor, and entrepreneur, Emily Martemach for a thoughtful conversation about the transformative power of forgiveness. [Listen here...](#)



July Webinar



[Regulate and Restore](#)

with Sara Kute Beth

July 23, 2026 at 10 AM CDT

If you are just starting a meditation practice, or you are an experienced mediator, join us for this one-hour interactive webinar where you will receive practical, evidence-informed tools to cultivate mindfulness and support nervous system regulation. [Click here](#) to register.

Monthly Benefit Spotlight

[Togetherall](#)

Connect with others like you.

Togetherall is an online, peer-support community, moderated by professionals, that provides you with tools and support so you can take control of your mental well-being. [Click here](#) to join the Togetherall community and connect with others who have similar experiences. You don't have to feel alone.

Create Your Account and Receive Access to:

- Free and immediate support
- A supportive online peer community
- An anonymous space, free from stigma or judgement
- A safe place to talk at any time of the day or night - Togetherall is moderated by mental health professionals at all times
- A library of self-help materials including self-assessments and support articles
- Online courses, such as "problem solving" or "improving sleep"

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us to use your benefits by calling [800-327-4692](#) or explore your [EAP benefits](#) on our website.

[Explore your benefits](#)

Your inbox isn't the only place to find us...follow us today!



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