

LET'S FEEL BETTER

NTIC Newsletter



Financial Ideas

American Psychological Association states that 72% of American reported feeling financially stressed at least once in the past month. With finances hard to avoid, think about little steps you can take to better manage your money (and stress).

Paying off Debt

Mortgage, student loans, credit cards, oh my! All those payments can add up and make you feel overwhelmed. To lower your debt, use the *snowball method*. Focus your extra payments on the smallest debt first, so when you finally pay that off, you can use that money towards your next lowest debt.

Think Twice About Splurges

Are you an impulse buyer? Next time, sleep on it before you buy. If you decide you still want it, search for a deal, find it used, or consider waiting until it goes on sale.

GUIDED MEDITATION

Take 10 minutes to focus on positivity and calmness while connect with your inner self.

5 MINUTE LEGS AND GLUTES

This 5 minute workout will target your legs and glutes while moving for 40 seconds and resting for 20.

SHEPHERDS PIE

Shepherd pie is a hearty dish full of protein and veggies. Try to use low/no sodium stock to keep the salt content low.



Tax Yourself

Start “taxing” yourself and putting that toward your debt or savings. What’s your tax? Maybe, \$1 per purchase or a percentage of each purchase. When to tax? Decide if it will be everything, what you want, or big splurges. How to tax? Will it be an immediate transfer to another account or set aside the cash?

Reduce a Bill or Cancel a Subscription

Look at your bills and see if there is a subscription you could cancel. Check for bundling deals for streaming services. Is there a bill I could lower? Call your cable company and check your phone plan.

*Scroll to page 4 to see how the Employee Assistant Program can help you with your financial stress.

Embrace Your Creativity

Crafts can be a tool to fill our cup, reduce stress, be creative, and connect with others. Some crafts to try include:

- Carpentry
- Origami
- Welding
- Felting
- Leather working
- Candles/Soaps/Lotions
- Pottery/Air drying clay
- Resin work



[Click here](#) to learn other crafts that you might enjoy.

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Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



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HealthAdvocateSM

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Your EAP Benefits:

One-on-One Personal & Professional Coaching

Your EAP offers exciting Peak Performance Coaching Benefits to help you grow and succeed both personally and professionally. Connect by phone for one-on-one coaching with ESI Masters and PhD level coaches. Best of all, these benefits are free for you and eligible family members!

Coaching is available in the following areas:

- ✓ **Wellness Coaching** - lose weight, get fit, reduce stress, quit tobacco, and get nutrition help.
- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
- ✓ **Workplace Conflict** - improve interpersonal skills and learn methods for resolving conflict.
- ✓ **Retirement Coaching** - get help to address the practical and emotional aspects around retirement.
- ✓ **Succeeding as a Supervisor** - learn key management concepts and ways to develop and empower employees.

Plus, get online tools to support your goals:

- Access thousands of online videos, articles, calculators, self-assessments and other tools.
- Comprehensive personal and professional online trainings available in a variety of easy-to-use formats.
- Wellness tools and tips on diet, nutrition, fitness and smoking available in the Online Wellness Center.



To access a Coach, simply call 800.252.4555 and ask to speak to a Coach.



To access online support resources, simply login at www.theEAP.com.



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