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I was just joking! You're too sensitive.

1 message

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life
Happens
HEADLINES

FEBRUARY 2023 | EMPLOYEE EDITION



Shining the Light on Gaslighting

Despite nearly a century of use, Merriam-Webster's 2022 word of the year is one of the most misused. Gaslighting, a form of manipulation, is often a catchall phrase for manipulative behaviors that don't fit the word's actual definition. Overuse of the word obscures the true nature of this abusive tactic and makes it increasingly difficult to recognize. Its true meaning is to have your reality and experiences repeatedly challenged, which can look different and happen in various ways. We'll cover what gaslighting is, what it looks like, common tactics, and red flags to watch so you can more easily detect this subtle form of abuse.

Shining the Light on Gaslighting



Spread kindness this month by committing to at least three activities from the list below.

- Volunteer your time
- Make a donation (blood or plasma, or gently-used household items)
- Become an organ donor
- Practice active listening
- Say "please" and "thank you"



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Commit to Kindness

Acts of kindness can boost your confidence and happiness while making the world a better place for everyone! You never know what another person is going through, and acting with kindness could be what helps someone get through a tough time. You may even encourage others to repeat the good deeds they've experienced! Use February's Monthly Motivator to track your progress as you commit to kindness.

Download the
February Monthly
Motivator

We're Here to Help

Put Your EAP to Work

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 by calling **800-327-4692** or explore your benefits at efr.org/how-we-help/work

Explore Your Benefits



Hear from the experts on topics designed to empower you with the knowledge and

skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

Explore Webinars

Dr. Lauren Welter, Ph.D., joins us for a candid conversation on emotional abuse. In this episode, Dr. Welter:

- Uncovers common characteristics of emotional abuse
- Discusses why it can be difficult for people in abusive relationships to recognize the cycle of abuse
- Explains the challenges individuals face when trying to leave an abusive relationship
- Discloses the importance of having a safety plan when preparing to leave

Listen to the conversation



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