May Is Mental Health Awareness Month

In support of Mental Health Awareness Month, ComPsych Guidance Resources is offering a Mental Health Awareness Toolkit full of resources on a variety of topics. As our Employee Assistance Program provider, Guidance Resources Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life. Visit guidanceresources.com (use organization ID USMEAP) for more information or talk with a ComPsych Expert at 855-410-7628.

How to Make Good Habits Stick

Behavioral psychologist, author of the No. 1 New York Times bestseller Atomic Habits and public speaker James Clear explains the “Paper Clip Strategy” and other brain hacks to help us integrate good habits into our lives.

Are Humble Leaders More Effective?

“Research shows humble leaders tend not just to be more likable, but also to be more effective.” This article from Inc., builds the case for humble leadership based on the findings of several studies.