



REEP Wellness in February

The REEP Wellness program offers programs and resources to support your wellbeing. Many offerings are available to all REEP members, while others provide enhanced benefits for members enrolled in a REEP medical plan. Explore the February wellness offerings to find programs available to you.

Monthly Online Groups for Your Well-Being Journey provided by ComPsych®



- Attend a **ComPsych® huddle, webinar** or **guided practice** and complete a short survey by **2/28** to be entered into a drawing for a **\$50 e-gift card!** Scan the QR code or click [here](#) to get started.
- **The EAP resources are open to all REEP members regardless of medical plan enrollment.**



Please Note: Under current IRS regulations, all wellness program rewards – including cash, gift cards, and other non-medical incentives - are considered taxable income.

(Source: IRS Publication 525 - Taxable and Nontaxable Income)

REEP Live Webinar sponsored by Kaiser Permanente– Find Your Joy



- **The REEP Employee Wellness Program, in partnership with Kaiser Permanente is offering a webinar for all REEP members.** In this session, you'll discover how positive psychology and practical strategies can help you nurture your own happiness. Learn evidence-based concepts such as kindness, empathy, gratitude, and awe—each shown to support social and emotional well-being. Participants will also be guided in creating a realistic action plan to cultivate joy in their daily lives. **This webinar is open to all REEP members. You do not need to be a Kaiser member to join.**



- **Date:** Wednesday, February 18, 2026
- **Time:** 12:00pm - 1:00pm PT
- **Register:** Scan QR code or click [here](#)

Seeking connection and new skills?

Huddle up!

What are ComPsych® Huddles?

ComPsych **Huddles** are hour-long interactive online support groups focused on education, skill building and peer connection. We also offer **Alliances**, safe virtual discussion and support groups for individuals who identify as members of a specified community to share and process experiences or interests. If you prefer “listen and learn” opportunities, you can join **Huddle Webinars**, also up to an hour long, as well as **Huddle Practices**, for those interested in joining a 25-minute guided practice, such as relaxation exercises, mindfulness meditation or stretching, to promote self-care moments during the day. *Please note all times are in Eastern.*

Alliances (interactive)

February 6: Healthcare Workers Alliance (10:00 AM)

February 13: Black Alliance (10:00 AM)

Huddles (interactive)

February 2: Menopause 101 (10:00 AM)

February 3: Nutrition 101 (2:00 PM)

February 4: Improving Sleep (7:00 AM)

February 5: Self-Care and Resiliency (8:00 AM)

February 9: Mindfulness 1: Introduction to Mindfulness (2:00 PM)

February 10: Heart Health 101 (10:00 AM)

February 10: Building Self-Compassion (12:00 PM)

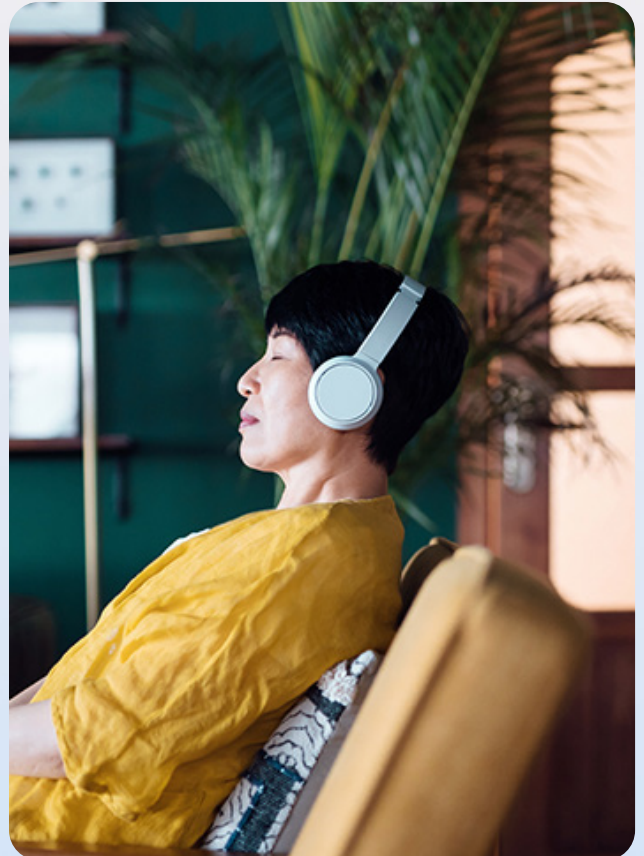
February 11: Strength Training 101 (7:00 AM)

February 12: PARENTING SERIES: Supporting Teens with Friendships and Romantic Relationships (8:00 AM)

February 13: Managing Loneliness (9:00 AM)

February 16: Mindful Eating (2:00 PM)

February 16: Mood Management II: Behaviors (7:00 AM)



February 17: Breathwork 101 (10:00 AM)

February 18: Back Care 101 (7:00 AM)

February 19: Creativity for Self-Care (7:00 AM)

February 20: Mood Management I: Thoughts (8:00 AM)

February 24: Mindfulness 2: Mindfulness of Breath and Body (7:00 AM)

February 24: Relaxation Techniques (10:00 AM)

February 25: Tobacco and Nicotine Cessation and Relapse Prevention Support Huddle (7:00 AM)

February 25: Mindfulness 3: Mindfulness of Thoughts and Emotions (12:00 PM)

February 26: Cardiovascular 101 (10:00 AM)

How to Huddle up!

Participants can view the calendar of upcoming Huddles on GuidanceResources® Online or the GuidanceNowSM app and self-register for topics that resonate with them.

To join a session:

- 1 Scan the QR code below or log on to GuidanceResources Online. (If you have not yet registered on the site, use your organization's unique Web ID to do so.)
- 2 Scroll down to and click on **Browse All Services**
- 3 Choose the **Online Huddles** tile and accept the external link notification



Webinars (listen and learn)

February 3: Coping with Grief and Loss (7:00 AM)

February 5: I Thought I Could Retire by Now: Managing the Emotions of Delayed Retirement (12:00 PM)

February 11: W-4 Updates and Changes to Tax Withholding (11:00 AM)

February 12: A Whole Health Lifestyle Approach to Maximize GLP-1 Medications (10:00 AM)

February 17: Importance of Mental Health Awareness in the Black/African American Community (8:00 AM)

February 18: Hiring an Attorney (8:00 AM)

February 20: Eldercare In-Home Support and Services (7:00 AM)

February 23: Being Adaptive in an Ever-Changing World (8:00 AM)

February 23: Living Nicotine Free (7:00 AM)

February 25: Beyond Babysitting: Summer Camps (11:00 AM)

February 26: Importance of Participating in Your Employer's Retirement Plan (7:00 AM)

February 27: PARENTING SERIES: The Neurobiology of Parenting: How Caregiver Responses Shape the Child's Brain (7:00 AM)

Practices (guided, shorter immersion in the skill)

February 2: Guided Imagery Practice (7:00 AM)

February 4: Gratitude Brief Practice (10:00 PM)

February 6: Guided Stretching Practice (7:00 AM)

February 9: Mindfulness Brief Practice (10:00 AM)

February 10: Guided Meditation Practice (7:00 AM)

February 11: Progressive Muscle Relaxation (10:00 AM)

February 13: Posture Reset Practice (7:00 AM)

February 16: Guided Meditation Practice (10:00 AM)

February 18: Guided Imagery Practice (10:00 AM)

February 19: Gratitude Brief Practice (10:00 AM)

February 20: Progressive Muscle Relaxation (10:00 AM)

February 23: Mindfulness Brief Practice (10:00 AM)



Live Assistance

Call:
App: GuidanceNowSM
Online: [guidanceresources.com](https://www.guidanceresources.com)

TRS: Dial 711
Web ID:

→
 Scan for more resources

