

MENTAL HEALTH MATTERS

A Monthly Newsletter from CONCERN-EAP



February 2026

This month, we're inviting you to reflect on an important question.

February is often associated with relationships, and while hearts and chocolates get most of the attention, the relationships that support our daily work, friendships and families deserve just as much care. Strong workplace and homelife relationships don't happen by accident—they're built through safety, repair and curiosity.

Do you have "Relational Safety?"

Physiological Safety: Your Nervous System Matters

Did you know your nervous system plays a big role in how you relate to others?

When we feel calm and regulated, we're more likely to listen, collaborate and respond thoughtfully. When we're stressed or overwhelmed, our nervous system can shift into "fight, flight or freeze," making misunderstandings and conflict more likely.

Small actions can support physiological safety at work:

- Taking a pause before responding to a difficult email
- Practicing slow, steady breathing during stressful moments
- Noticing when you (or a colleague or loved one) may need a moment to reset

A regulated nervous system helps create an environment where people feel safe to speak up, ask questions and connect authentically.

If You Broke It, Can You Fix It? The Power of Repair

Even in the healthiest relationships, things go wrong. Miscommunications happen. Feelings get hurt. What truly strengthens relationships isn't avoiding mistakes—it's knowing how to repair them.

Repair builds trust. It shows others that the relationship matters more than being "right."



Being a good “repair person” means:

- Acknowledging when something didn’t land well
- Taking responsibility without defensiveness
- Offering a sincere apology and a willingness to do better

Stay Curious: You Never Stop Learning About Each Other

Strong relationships are built on curiosity. People grow, circumstances change, and assumptions can quietly get in the way.

Staying curious might look like:

- Asking open-ended questions instead of jumping to conclusions
- Being interested in different perspectives and experiences
- Remembering that you don’t fully know someone’s story

Curiosity keeps relationships flexible, respectful and resilient.

This Month’s Takeaway

Healthy workplace and home life relationships are supported by:

- Safety (in our bodies and minds)
- Repair (when things don’t go as planned)
- Curiosity (about ourselves and others)

As we move through February, consider one small step you can take to strengthen relational safety—whether that’s pausing, repairing or asking a thoughtful question.



*Strong relationships help create
strong teams and families.
Let's all make February
warm and safe
for everyone.*

If you feel you or someone you know may harm themselves or someone else:

Suicide and Crisis Lifeline: 988

The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386

Veterans Crisis Line: Dial 988 and Press 1

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline: 1-800-656-4673

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

ADDICTION RESOURCES

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#))

[Also visit the online treatment locator. Call: 1-800-662-HELP \(4357\)](#)

Alcoholics Anonymous - [Northern New Jersey AA - Meeting Finder \(nnjaa.org\)](#)

Narcotics Anonymous - [NA Meetings in NJ \(narcoticsanonymousnj.org\)](#)

NJ Self Help Clearinghouse 800-367-6274 - [FIND A GROUP | NJSHGCH \(njgroups.org\)](#)

Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Chilton Medical Center: 973-831-5078

Hackettstown Medical Center 908-454 -5141

Morristown Medical Center: 973-540-0100

Overlook Medical Center: 908-522-3586

Newton Medical Center: 973-383-0973

Website: www.Atlantichealth.org