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## **NEB Meeting Minutes Now Available**

The minutes from the National Executive Board (NEB) meeting in Washington, D.C. on Nov. 7-8, are now available on the NEB minutes page of the [website](#).

# **NEB Meeting Minutes Now Available**

Washington, D.C. | Nov. 7-8



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## **Finding Calm in the Holiday Chaos: CISM Is Here for You**

As the holiday season is upon us, Critical Incident Stress Management (CISM) National Team Lead Sarah Grapp highlights the importance of

acknowledging and addressing the stress that often accompanies this time of year.

“The holidays don't halt work pressures, and it's crucial to recognize the support available,” Grampp said. “Do not hesitate to use the valuable resources available to you when you need them.”

**I'm here for you.**

**CRITICAL INCIDENT**

**CISM**

**STRESS MANAGEMENT**

**NATCA**

**natca.org/CISM**

The Employee Assistance Program and Worklife Solutions, alongside the CISM Team, provide essential support for those grappling with work-related stress or traumatic events. Offering confidential group and individual sessions, the CISM Team helps individuals understand and cope with stress reactions.

The CISM team is available 24/7, even during the holidays, providing support to NATCA members in need. Grampp offered a gentle reminder: "Go easy on yourself. Whatever you do today, let it be enough," underscoring the importance of self-care during these busy times.

Learn more and find contact information for CISM representatives [here](https://natca.org/CISM).

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## Shop Union-Made This Holiday Season

It's that time of year! No matter what or how you celebrate, we know many of you are looking for that perfect gift for your friends and family. We suggest giving union-made presents this holiday season.



## SHOP UNION MADE THIS HOLIDAY SEASON

[aflcio.org/MadeInAmerica/holiday-gifts](https://aflcio.org/MadeInAmerica/holiday-gifts)

You can feel proud knowing your gifts are made by workers who stood together for family-supporting wages and good benefits. Supporting union-made goods will help workers and communities across the country.

And remember: If you're shipping gifts this year, make sure to use a union carrier like the U.S. Postal Service or UPS.

[Check out the AFL-CIO's Union-Made Holiday Gift Guide here](#)

[Visit our Website](#)



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