



## July 2024 EAP PROMOTIONAL EMAIL

Hello everyone – As July begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family:

### EAP Events and Webinars

This month, the Washington State EAP is excited to share our expanded roster of \*live\* [events and webinars](#). We hope that you will be able to join us for the following events:

- Join us **every Wednesday at noon** in July, August, and September as we present **Wellness Wednesdays!** Each month will have a themed topic and all sessions will relate to that topic. Our July series kicks off with...

#### **Boosting Workplace Wellness: Strategies for Enhanced Energy and Vitality**

In today's fast-paced work environment, maintaining energy and vitality throughout the day is essential for productivity and overall well-being. Our comprehensive series of micro-trainings focuses on practical strategies to boost energy at different times of the day and in various aspects of your life. From morning routines to afternoon slumps, workspace optimization to nutrition, each session is designed to provide actionable tips and insights that you can easily integrate into your daily routine. Join us to learn how to create a more energetic, focused, and productive work life.

#### **7/10/24: Boosting Energy and Vitality in the Morning**

Kickstart your day with our micro-training on morning energy and vitality. Learn effective strategies to wake up refreshed and ready to tackle your day. This session covers the importance of a consistent morning routine, incorporating physical activity, mindfulness practices, and nutrition tips to boost your energy levels from the moment you wake up.

#### **7/17/2024: Boosting Energy & Vitality in the Afternoon**

Overcome the afternoon slump with our dedicated micro-training on maintaining energy levels throughout the day. Discover practical techniques to stay alert and productive during those crucial post-lunch hours. We'll

explore the benefits of short breaks, light exercise, and mindful practices, as well as nutritional tips to keep you energized and focused.

### **7/24/2024: Creating an Energizing Workspace**

Transform your workspace into a hub of productivity and well-being with our session on creating an energizing environment. This micro-training delves into the impact of lighting, ergonomics, color, and clutter management on your energy levels. Learn how to optimize your workspace to enhance concentration, reduce stress, and promote overall vitality.

### **7/31/2024: Nutrition for Sustained Energy**

Fuel your body for peak performance with our micro-training on nutrition. Understand the role of balanced meals, smart snacking, and proper hydration.

Interested in joining us? Please register [HERE!](#)

- [EAP Orientation for Supervisors, Leaders, and HR Professionals](#)

This is a new monthly EAP orientation with a focus on the EAP benefits available to supervisors, leaders, and HR professionals. **Wednesday, July 10, 2024, 9:00 am – 9:30 am**

- [EAP Orientation to the Employee Assistance Program](#)

Learn about all the EAP offers through a live 30-minute EAP Orientation webinar. **Wednesday, July 10, 2024, 11:00 am – 11:30 am.**

Can't attend the live June webinars? Check out [future dates](#). In addition, EAP offers [on demand webinars](#) on a variety of subjects, including [EAP Orientation](#), [depression and anxiety relating to stress](#), [emotional intelligence](#), and [more](#).

## **Work/Life**

In July, the [EAP Work/Life site](#) is offering tools and resources to help you better understand **the teens in your life**: technology and social media have shaped how most teens learn and grow, and we can help with practical strategies to build open communication and connection with your teens. Get started by viewing this month's on-demand seminar, "**Parenting Adolescents: Understanding Gen Z in Your Home**" – it's available beginning **Tuesday, July 16th** through the [Work/Life site](#): just login with your Work/Life Access Code: **UW**

## **Monthly Resources**

As the sun shines brighter and the days grow longer, it's the perfect time to **embrace the season of relaxation and rejuvenation**. Vacations are more than just an escape from the daily grind; they are a vital opportunity to recharge our minds and bodies. Whether you prefer lounging by a tranquil beach, exploring vibrant cityscapes, or hiking through serene mountains, taking a break allows us to reconnect with ourselves

and the world around us. This summer, let's make it a priority to carve out time for the activities that bring us joy and peace.

In our fast-paced lives, the importance of stepping away cannot be overstated. Studies have shown that regular vacations not only reduce stress but also enhance our creativity and productivity upon returning to our routines. So, pack your bags and embark on that long-awaited adventure, or simply indulge in a staycation where you can unwind and savor life's simple pleasures. Let this be your reminder to prioritize self-care and to allow yourself the luxury of doing nothing but enjoying the moment. After all, the best ideas and the most profound insights often come to us when we're at our most relaxed.

## Articles

### Work:

- [Why You Should Take More Time Off of Work](#)
- [Well Recovered and More Creative? A Longitudinal Study on the Relationship Between Vacation and Creativity](#)
- [4 Ways for Companies to Protect Worker Mental Health](#)
- [The Importance of Vacation in the Workplace](#)
- [How Taking a Vacation Improves Your Wellbeing](#)
- [Why Taking Vacation Time Can Save Your Life](#)
- [14 Tips for Encouraging Employees to Take Time Off](#)
- [I Just Went of Vacation. How Am I Still Burned Out?](#)
- [The Vacation Paradox: Why Employees Leave Time on the Table](#)
- [Reshaping Workplace Norms: How to Handle Vacation Shamers](#)
- [Creating a Culture of Self Care in the Workplace](#)

### Personal Relationships:

- [How to Have Fun and Grow Closer On Your Couples Vacation](#)
- [5 Ways To Bring Your Vacation Romance Home](#)
- [How Vacations Can Help or Harm Your Relationship](#)
- [7 Ways to Prioritize Joy in Your Romantic Relationship, and Why Doing So is Essential](#)
- [Having Fun Together is a Key to Relationship Satisfaction](#)
- [Excavating Joy in Relationships](#)

### Family Connection:

- [Cultivating Joy as A Family](#)
- [Taking Advantage of Summertime to Get to Know Your Child](#)
- [The Perfect Family Vacation: Why We Are Not There Yet](#)

- [Family Bucket List: 100+ Fun Activities and the Best Things to Do with Kids](#)
- [25 Superfun Things to Do with Family to Strengthen Your Bonds](#)
- [Fun Family Activities to Do at Home This Weekend](#)
- [How to Help Your Family Thrive: The Essentials](#)
- [Having Healthy Family Relationships with Less Stress](#)
- Best of Lists for Kids from [Common Sense Media](#): [Books](#), [Movies](#), and [Games](#)
- [Best Media Picks for Diversity: Recommendations for Families](#)
- [Family Engagement Toolkit: Resources to Support Healthy Tech Use at Home and at School](#)

### General Resources:

- [8 Steps to a Happier Vacation](#)
- [Vacation Stress? You're Not Alone](#)
- [Why Our Body and Brain Need a Vacation](#)
- [Create Joy and Satisfaction](#)
- [Why It's Important to Break Routines](#)
- [3 Simple Ways to Cultivate Joy Every Day](#)
- [Increase Your Joy Aptitude](#)
- [How to Have Real Fun - Even When Life's Got You Down](#)
- [All About Travel Anxiety](#)
- [5 Reasons We Feel Guilty When Relaxing and What to Do](#)
- [Staycation Ideas: 6 Ways to Enjoy a Relaxing Vacation at Home](#)
- [Caring For Your Mental Health](#)
- [5 Types of Self-Care for Every Area of Your Life](#)
- [5 Practices for a Healthier Emotional Life](#)
- [5 Ways to Make this Your Summer of Fitness](#)
- [How to Avoid Post-Vacation Stress](#)

In addition to the resources we shared for creating a relaxing and enjoyable July, we also want to begin spreading awareness about **how to mentally prepare for the state and federal elections this November**. As an EAP, we recognize that as the upcoming elections draw near, it's common to experience heightened emotions and stress related to political polarization and conflict. The constant barrage of news, social media debates, and the uncertainty of the outcomes can lead to significant emotional and mental strain. It's crucial to recognize these feelings and take proactive steps to manage them. Begin by setting boundaries with news consumption and social media use, ensuring you're not overwhelmed by the constant stream of information. Practicing mindfulness and stress-relief techniques, such as meditation, deep-breathing exercises, and physical activity, can also help maintain mental equilibrium. Connecting with friends and family who share your values and engaging in meaningful, non-political conversations can provide a supportive environment that fosters emotional resilience.

Moreover, focusing on community engagement and constructive dialogue can significantly reduce feelings of isolation and division. Volunteering for local causes, attending community events, or participating in discussions that prioritize understanding over winning an argument can shift your focus from national

tensions to positive, local impacts. Remember, it's okay to step back and take a break from the political fray to protect your mental health. By prioritizing self-care and constructive interaction, you can navigate the election season with a clearer mind and a calmer spirit, contributing to a more peaceful and balanced community atmosphere.

We hope that you find these additional resources helpful.

## Articles

### Work:

- [Navigating the Workplace Political Minefield](#)
- [Politics in the Workplace: How Managers Can Keep the Peace](#)
- [Navigating Politics in the Workplace During a Divisive Political Year](#)
- [Workplace Political Polarization](#)
- [How Do I Get My Boss to Stop Talking About Politics at Work?](#)

### Personal/Family/Parenting Relationships:

- [Bridging Differences Playbook \(Learn research-based strategies to promote positive dialogue and understanding\)](#)
- [Coping with Political Differences in Your Romantic Relationship](#)
- [Elections are Stressful, But Civic Engagement is Good for Youth Mental Health](#)
- [How to Support LGBTQ+ Young People Ahead of the 2024 Election](#)
- [Digital Wellbeing Lessons for Kids, grades K-12](#)
- [Digital Citizenship Resources for Family Engagement](#)
- [Explaining the news to our kids](#)

### General Resources:

- [How to Protect Your Brain from Election Stress](#)
- [Election Stress: Tips to Manage Anxious Feelings About Politics](#)
- [Americans are Stressed About Politics](#)
- [When is Political Polarization Good and When Does It Go Bad?](#)
- [Seeing People as Individuals Reduces Political Hostility](#)
- [Awe Experiences Decrease Political Polarization](#)
- [Knowledge is Power: Fighting Misinformation, Disinformation, and Junk News](#)
- [UCLA Critical Media Literacy Research Guide](#)
- [Update: Partisan Gaps Expand Most on Government Power, Climate](#)
- [Are Online Political Debates Skewing Our Sense of Reality?](#)

And, if you're struggling, or looking for some support, guidance, or useful resources, please know that our [EAP](#) is here for you -- don't hesitate to reach out: [1-877-313-4455](tel:1-877-313-4455) or [online](#).