



August 2024 EAP PROMOTIONAL EMAIL

Hello everyone – As August 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 August and September as we continue with our **Wellness Wednesdays series!** Each month will have a themed topic and all sessions will relate to that topic. In August, our series continues with...

Unlocking Your Potential: A Journey to Purpose and Productivity

In today's dynamic work environment, living with purpose and aligning your daily activities with meaningful goals are key to maintaining motivation, productivity, and overall well-being. Our comprehensive series of micro-trainings is designed to help you discover, define, and infuse purpose into every aspect of your life. From understanding what purpose means to setting achievable goals and engaging with your community, each session provides actionable tips and insights to help you lead a more fulfilling and productive life. Join us on this journey to unlock your true potential and create a life full of purpose and intention. **Interested in joining us? Please register [HERE!](#)**

August 7, 2024: What is Purpose and How to Define Your Purpose

Discover the profound impact of living with purpose in our introductory session. Learn what purpose truly means and explore practical steps to define your own purpose. This session covers reflection techniques, the importance of aligning with your values, and the benefits of living a purpose-driven life. Gain the tools to understand your unique contributions and how they can shape your goals and actions.

August 14, 2024: How to Set Purposeful & Achievable Goals

Turn your purpose into actionable steps with our micro-training on setting purposeful and achievable

goals. This session will guide you through aligning your goals with your core values and purpose, utilizing the SMART framework, and breaking down larger goals into manageable tasks. Learn how to stay motivated, focused, and on track to achieve your dreams while experiencing greater fulfillment and satisfaction.

August 21, 2024: Tips to Infuse Purpose into Your Daily Routine

Make every day count by infusing purpose into your daily routine. In this session, we'll explore practical strategies to start your day with intention, prioritize meaningful activities, and practice mindfulness. Discover how to create a routine that reflects your values and purpose, enhancing your overall well-being, productivity, and relationships. Learn how small, consistent actions can lead to a more purpose-driven life.

August 28, 2024: How to Generate Purpose Through Community Engagement & Teamwork

Expand your impact and sense of purpose through community engagement and teamwork. This session focuses on identifying community needs, finding volunteer opportunities, and building meaningful relationships. Learn how contributing to your community and collaborating with others can enhance your sense of purpose, improve well-being, and strengthen social connections. Gain insights into leveraging your skills and taking initiative to make a difference.

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. **Monday, August 19, 2024, 4:00 pm – 4:30 pm**

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

Learn about all the EAP offers through a live 30-minute EAP Orientation webinar. **Monday, August 12, 2024, 2:00 pm – 2:30 pm.**

Can't attend the live August 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](#), [nurturing success for Black employees in and out of the workplace](#), [resources for older adults and their family caregivers](#), [emotional intelligence](#), and [more](#).

Work/Life Resources

In August, the [EAP Work/Life site](#) is offering tools and resources to help you better understand and practice **how to acknowledge and appreciate others**. Learn how to effectively recognize positive actions at work *and* at home by viewing this month's on-demand seminar, "**Harnessing Positive Reinforcement for Success**" – it's available beginning **Tuesday, August 20th** through the [Work/Life site](#): just login with your Work/Life Access Code: **UW**

Monthly Resources for August and September

As the summer winds down, the buzz of anticipation grows with the approach of a new school year. Whether you're a teacher gearing up for a fresh batch of students, a college student setting sights on challenging courses, or a family prepping for the bustling routine of school days, this is a season brimming with potential.

For educators in both K-12 and higher education, it's a time to innovate and inspire. Preparing your classrooms means not just organizing supplies and syllabi, but also fortifying yourself with the latest educational strategies to enrich your teaching. Students of all ages are on the threshold of knowledge, ready to dive into new subjects and extracurriculars that will shape their futures. Meanwhile, families are pivotal in this transition, as they support their students by setting routines, creating effective study spaces at home, and fostering an environment that nurtures educational growth and curiosity.

Together, let's embrace the upcoming school year with enthusiasm and a prepared spirit. Whether it's through refining teaching methods, engaging with new learning communities, or simply organizing a back-to-school schedule, the goal is the same: to make this school year successful and rewarding for everyone involved. Let this be a year of discovery, achievement, and joy in the journey of education.

Articles

Work:

- [How Employers Can Help Working Parents Navigate Back-to-School Season](#)
- [5 Ways HR Can Support Working Parents During a Busy Back-to-School Season](#)
- [Leader Support for Employees Who Are Caregivers](#)
- [Today's Working Parents Need Better Support from Their Employers](#)
- [Working Caregivers: How Companies Support Employees with At-Home Roles](#)
- [Addressing Working Parents' Back-to-School Worries: Expert Advice from a Therapist](#)
- [Are You Leveraging "Back to School" in Your Workplace?](#)
- [How to support employees as kids go back to school.](#)
- [Five Ways Employers Can Support Working Parents During School Season](#)
- [Supporting Working Parents: 4 Tips for Back-to-School Success](#)

Schools and Educators:

- [Teachers: Protecting Your Mental Health](#)
- [What Teachers Really Need to Thrive](#)
- [Educators' Self-Care Ideas](#)
- [Back to School: Teacher Tools](#)
- [5 Ways Schools Can Retain More Black Educators](#)
- [LGBTQ+ Youth Mental Health Resource Collection](#)

- [GLESN Educator Resources \(to support LGBTQ+ students\)](#)
- [How Schools Can Support Neurodiverse Students](#)
- [In Their Own Words: Teens' Tips for Partnering with Youth](#)
- [Mental Health Literacy Training for Educators and School Staff](#) (offered by [Central East MHTTC](#) and the [National Center for School Mental Health](#))
- [4 Ways to Meet Student Parents' Needs on Campus](#)

Family and Parenting:

- [The Ultimate Back-to-School Checklist: What to do Now and What Can Wait](#)
- [Off to College: Supplies to Take](#)
- [Back to School Conversation Starters](#)
- [Back to School Anxiety](#)
- [School Mornings Without the Stress](#)
- [How Can We Help Kids with Self-Regulation?](#)
- [How Parents Can Deal with the Stress of Their Kids Going Back to School](#)
- [4 Habits to Help Kids with Social Anxiety](#)
- [How Parents Can Support Their College Student's Mental Health](#)
- [8 Ways Parents Can Help College Students Protect Their Mental Health](#)
- [Protecting Your Child's Mental Health Online](#)
- [The Most Important School Data Families of Color Need to Consider](#)
- [Is Your School's Curriculum Anti-Racist – Or Something Else?](#)
- [Tips for LGBTQ+ Students to Thrive](#)
- [In Their Own Words: LGTBQA+ Young People Head Back to School](#)
- [For LGBTQ+ Students: Your Back-to-School Advice](#)
- [How to Support Learning at Home](#)
- [7 Things to Tell the Teacher About Your Child](#)
- [ADHD and School: Setting Up Your Child for Success](#)
- [Getting Your Child Mental Health Support and Accommodations in School](#)
- [How Do I Partner with My Child's School](#)
- [How to Help Your Child Succeed](#)
- [What Every Parent Needs to Know About Their School Board](#)
- [11 Considerations Before Going Back to School as a Parent](#)
- [For Student Parents, the Biggest Hurdles to a Higher Education are Costs and Finding Care](#)

General Resources

- [Promoting Positive Mental Health in K-12 Students](#) (LIVE WEBINAR): Tuesday, August 20, 2024, 9:00 am – 10:00 am PST (McClean Hospital)
- Back to School Wellness for School Staff (RECORDED WEBINAR): [Recording](#) and [Slides](#).
- [The Integrated Schools](#) (PODCAST)
- [Pressure to be Perfect: A Parent's Guide to Instagram](#) (PDF Toolkit)

- [Stressed Out Kids? Signs and Strategies](#)
- [Wellbeing Tools for Younger Children and Their Parents](#)
- [Wellbeing Tools for Youth and Teens](#)

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](#).