



Employee Assistance Program Quarterly Newsletter, Fall 2025

Feel free to contact us with any questions or to schedule an appointment:
You may call or send us a text at **(609) 961-1827**
Please visit our website at **seaside-serenity.com**

News you can use...from your EAP



Welcome to Fall!

As the leaves begin to change and the days grow shorter, it's a great time to check in with yourself—physically, mentally, and emotionally. Seasonal transitions can bring both opportunities for renewal and challenges to well-being. As summer winds down and routines shift, Fall is a great time to reconnect—with your family, your values, and your sense of structure. Whether you are a parent juggling back-to-school logistics or simply trying to create more balance, your Employee Assistance Program (EAP) is here to support you.

This Season's Focus: Effective Parenting Basics

Parenting doesn't come with a manual, but a few core practices can go a long way in building strong, respectful, and connected relationships with your children:

Be consistent: Children thrive with clear expectations and predictable routines.

Consistency provides a sense of stability and safety. When children know what to expect—whether it's bedtime routines, limits around screen time, or consequences for certain behaviors—they are more likely to feel secure and behave cooperatively. Inconsistent responses can lead to confusion and testing boundaries.

Tip: Start with small things, like regular mealtimes or a short bedtime routine. When you set a limit, follow through calmly and reliably.

Model the behavior you want to see: Kids learn more from what you do than what you say.

Children are always watching. If you want your child to handle frustration calmly, speak respectfully, or keep their commitments, show them how it's done. Modeling gives them a live example to follow and reinforces values more powerfully than lectures.

Tip: Narrate your own self-regulation: “I’m feeling frustrated, so I’m going to take a deep breath before I respond.”

Listen actively: Give your full attention when your child talks—this builds trust.

When children feel heard, they feel valued. Active listening involves putting down your phone, making eye contact, and reflecting back what you've heard. This not only strengthens your connection, but also encourages your child to come to you with future problems or emotions.

Tip: Even five focused minutes of uninterrupted listening can go a long way toward building emotional closeness.

Use encouragement over praise: Highlight effort and growth rather than fixed traits.

Saying “You’re so smart” can feel good in the moment, but focusing on effort—like “You worked really hard on that”—reinforces resilience and a growth mindset. Encouragement helps children build internal motivation and believe in their ability to improve.

Tip: Notice and comment on the process, not just the result: “You kept trying even when it was tricky—that shows determination!”

Set boundaries with warmth: Discipline is most effective when it's paired with emotional connection.

Firm boundaries are important, but they don't have to come at the expense of your relationship. When limits are set with empathy and warmth, children are more likely to respect them and less likely to feel ashamed or rebellious. This helps foster self-discipline over time.

Tip: Validate feelings while holding the limit: “I know it’s hard to stop playing, but it’s time to get ready for bed. Let’s do it together.”

If parenting feels overwhelming at times, you're not alone. The EAP can help with short-term counseling, parenting resources, and referrals for additional support.

Back-to-School Support: Helping Kids Adjust back to School



The start of the school year can bring excitement—but also stress—for both children and parents. Even a few weeks into the school year, parents may notice challenges such as anxiety, fatigue, trouble with routines, or social adjustment issues. Here are some ways to support kids during this transition:

- ☐ Keep consistent meal and homework schedules to provide structure and predictability.
- ☐ Ask children about their school day and listen without judgment.
- ☐ Normalize feelings of nervousness or frustration and validate their experiences.
- ☐ Encourage breaks and downtime after school to prevent overwhelm.
- ☐ Encourage safe ways to build friendships and participate in extracurricular activities.
- ☐ Watch for ongoing signs of ongoing anxiety, depression, or behavioral changes.

Navigating Seasonal Transitions

As fall arrives and daylight fades, many people notice shifts in mood, energy, and motivation. These changes are normal—even for those who enjoy autumn. Whether you're adjusting to a more structured routine, feeling the emotional weight of shorter days, or just trying to stay balanced, small intentional habits can make a big difference.

The Psychological Impact of Seasonal Change

It's common to feel more tired or withdrawn during seasonal transitions. Less sunlight and more time indoors can affect our energy and mood. While some may experience Seasonal Affective Disorder (SAD), others may simply notice a drop in motivation. Paying attention to these changes early helps prevent deeper fatigue or burnout.

Resetting Routines

Fall is a great time to reset. Try waking up at the same time daily, prepping meals in advance, or creating a wind-down routine at night. A consistent routine provides structure and helps ease mental load as the season shifts.

Light and Movement

Exposure to natural light—even 10 minutes in the morning—can help regulate your sleep and mood. If you can, take a short walk during lunch or sit by a window during work. Pair this with light movement, like stretching or standing breaks, to support your energy and focus.

We want to remind you that your well-being matters. Through your Employee Assistance Program (EAP), you have access to resources designed to support your mental health, personal growth, and overall resilience.

Whether you're setting goals, facing challenges, or simply need someone to talk to, we're here for you. Our services include:

- **Confidential counseling** for personal and work-related concerns.
- **Resources and tools** to help manage stress and improve your work-life balance.

Remember the EAP is available to help you or your immediate family members

If you need help, why not call an EAP counselor today? To get started call or send us a text to 609-961-1827 or go right to our website to request an appointment at <https://www.seaside-serenity.com/>