



Employee Assistance Program Quarterly Newsletter, Winter 2026

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



Winter Wellness at Work: Starting the New Year with Balance, Resilience, and Intention

As we welcome a new year, many people feel a mix of hope, pressure, reflection, and fatigue. January often arrives quietly, after a busy holiday season, shorter daylight hours, and colder weather. While the start of a new year is commonly associated with resolutions and productivity, winter is also an important time to slow down, recalibrate, and focus on mental well-being.

This Winter Edition of our Employee Assistance Program (EAP) newsletter is designed to support you during this season by helping you set realistic goals, protect your mental health, and recognize when additional support may be helpful. Rather than pushing for perfection or major life overhauls, we encourage a thoughtful, compassionate approach to wellness this winter.

Winter and Mental Health: Why This Season Can Feel Harder

Winter can be challenging for many individuals, even those who typically feel emotionally well. Reduced daylight, colder temperatures, and disruptions to routines can all affect mood, energy, and motivation. Some people notice increased irritability, low mood, difficulty concentrating, or changes in sleep and appetite during the winter months.

For others, winter may bring heightened stress related to:

- Post-holiday financial strain
- Increased workload after year-end deadlines
- Social isolation or reduced social interaction
- Balancing work, family responsibilities, and limited personal time

These experiences are common and understandable. Feeling “off” during winter does not mean something is wrong with you, it may simply signal that your mind and body need additional care and support.

Reframing the New Year: From Resolutions to Intentions

Traditional New Year’s resolutions often focus on drastic change and can unintentionally increase pressure or self-criticism. This year, consider shifting from resolutions to intentions.

Intentions are flexible, values-based, and realistic. They focus on how you want to feel and live, rather than on rigid outcomes.

Examples of winter intentions include:

- *I intend to be more mindful of my stress levels.*
- *I intend to prioritize rest and recovery.*
- *I intend to communicate my needs more clearly at work and home.*
- *I intend to check in with my mental health regularly.*

This approach allows room for progress without perfection and helps prevent burnout early in the year.

Winter Wellness Strategies That Actually Help

Below are evidence-informed strategies to support mental well-being during the winter months:

1. Protect Your Sleep

Sleep disruption is common in winter and has a significant impact on mood and concentration. Aim for consistent sleep and wake times, limit screen use before bed, and create a calming nighttime routine.

2. Stay Connected

Even brief, meaningful connections such as a short phone call or shared coffee break can reduce feelings of isolation. If in-person interaction is limited, virtual check-ins still matter.

3. Move Your Body Gently

Physical activity does not need to be intense to be effective. Short walks, stretching, or light movement can improve mood and reduce stress.

4. Get Daylight When Possible

Natural light helps regulate mood and circadian rhythms. Try to spend time outdoors during daylight hours, even on cold days.

5. Practice Self-Compassion

Winter is not the season to be overly critical of yourself. Acknowledge what you are managing and allow yourself flexibility.

When Winter Blues May Be More Than Seasonal

Occasional low mood is normal, but it may be time to seek support if you notice:

- Persistent sadness or irritability lasting more than two weeks
- Loss of interest in activities you usually enjoy
- Significant changes in sleep, appetite, or energy
- Difficulty functioning at work or home
- Increased anxiety, panic, or emotional overwhelm

Early support can prevent symptoms from worsening and help you regain balance sooner.

Winter Mental Health Check-In: Quick Self-Reflection Quiz

Take a moment to check in with yourself. Answer honestly—there are no right or wrong answers.

In the past two weeks, how often have you:

1. Felt emotionally drained or overwhelmed?
2. Had difficulty relaxing or shutting off your thoughts?
3. Felt disconnected from others?
4. Struggled with motivation or focus?
5. Felt irritable, down, or more stressed than usual?

If you answered "often" or "very often" to several of these questions, it may be helpful to reach out for additional support.

Moving Forward with Balance

Winter invites us to slow down, reflect, and care for ourselves in ways that are sustainable. As we move into the new year, remember that mental wellness is not about doing more—it is about doing what supports you best.

If you or someone in your household could benefit from additional support, your EAP is here to help.

Wishing you a healthy, balanced, and supported winter season.

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/>

