



## Employee Assistance Program Quarterly Newsletter Summer 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](https://seaside-serenity.com)**

### News you can use...from your EAP

#### 1. Seasonal Spotlight: Recharge & Reset – Making the Most of Summer

Summer offers us a natural pause — longer days, warmer weather, and a shift in pace. It's a season that gently reminds us to slow down and savor moments of rest, connection, and renewal.

Even if you're not taking a full vacation, you can still create meaningful breaks. A walk during lunch, a weekend unplugged from work email, or simply spending time outdoors can all help you recharge. Small, intentional moments of rest go a long way toward replenishing energy and focus.

Remember: Rest is not a luxury. It's part of being human — and a key ingredient to showing up as your best self at work and at home.

#### 2. Topic Feature: Vacation Guilt & How to Let It Go

Do you ever feel hesitant or guilty about taking time off — even when you really need it? You're not alone. Many people worry about falling behind, burdening teammates, or being seen as less committed.

But the truth is, time off is essential for your mental health and productivity. Here's how to let go of the guilt and make your break count:

1. Plan ahead and communicate: Let your team know about your time off with plenty of notice. A little preparation goes a long way.
2. Set clear boundaries: Try not to check work emails or take calls during your break. Trust that things can wait.
3. Normalize rest: Time off is part of the job, not a deviation from it. Your well-being matters.
4. Reflect on your values: If you value presence, balance, and health — let those guide your choices.

**Taking time for yourself isn't selfish — it's smart, sustainable, and necessary.**

### 3. Tools & Resources: Staying Grounded in a Fast-Paced Summer

Summer can be uplifting, but it can also feel fast-paced and scattered — especially if you're juggling vacations, projects, or childcare.

Here are some simple tools to help you stay centered:

#### **Mindfulness App:**

Try *Insight Timer* or *Headspace* for free guided meditations, calming music, and mindful movement.

#### **Quick Grounding Exercise – Box Breathing:**

- Inhale for 4 counts
  - Hold for 4 counts
  - Exhale for 4 counts
  - Hold for 4 counts
- Repeat 3–4 times to reset your nervous system.

#### **Mental Break Timer:**

Set a reminder once a day to step away from your screen for five minutes. Stretch, breathe, or go outside — your brain will thank you.

Don't forget: EAP services are always here for support, whether you need a quick check-in or longer-term guidance.

### 4. Quick Corner: Summer Self-Care Challenge

#### **Ready for a little self-care boost this season?**

Try this 4-week summer challenge — small steps that can lead to big benefits:

Week 1: Drink at least 8 glasses of water each day

Week 2: Spend 10 minutes outside every day — even just on a walk or sitting in the sun

Week 3: Write down 3 things you're grateful for each evening

Week 4: Unplug from screens at least 1 hour before bed

Bonus: Invite a coworker or friend to join you for extra motivation!

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### 5. Final Note: You're Not Alone

Life doesn't stop during the summer — and neither do stress, grief, or personal challenges. If you're feeling overwhelmed or just need someone to talk to, you don't have to carry it alone.

**Your Employee Assistance Program (EAP) offers confidential support at no cost to you. Whether you're dealing with work stress, personal struggles, or simply want to talk something through, we're here for you.**

**Support is just a phone call or click away.**

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/>

