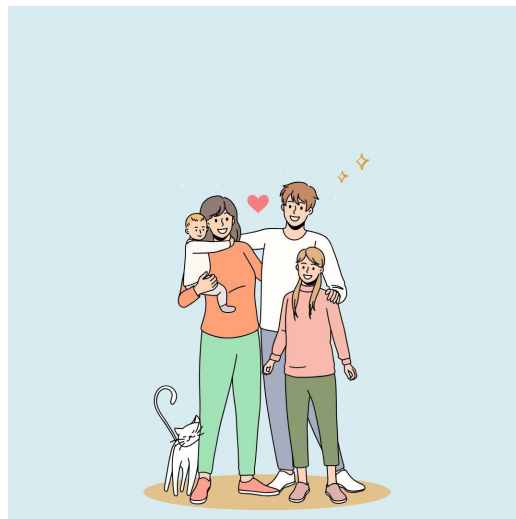




Employee Assistance Program Quarterly Newsletter, Fall 2026

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



Stronger Relationships, Healthier Lives

As we move into the fall season, life often becomes busier. Children return to school, work demands increase, and the holidays begin to approach. During times of transition, our relationships can either become a source of strength or an additional source of stress.

Healthy relationships don't happen by accident. They are built through trust, respect, effective communication, and healthy boundaries. Whether it's a spouse, child, friend, coworker, supervisor, or neighbor, investing in our relationships can improve not only our emotional well-being but also our physical health, job satisfaction, and overall quality of life.

The good news? Small changes in the way we communicate and the boundaries we set can have a significant impact.

Communication: The Foundation of Every Relationship

Many conflicts don't occur because people intend to hurt one another; they occur because of misunderstandings, assumptions, or reacting before listening.

Try these simple communication strategies:

Listen to understand.

Instead of thinking about your response while the other person is talking, focus on understanding their perspective first.

Use "I" statements.

Rather than saying, "You never listen," try saying, "I feel unheard when I'm interrupted."

Assume positive intent.

Before jumping to conclusions, consider that the other person's actions may not have been meant to offend or upset you.

Pause before reacting.

Taking even a few deep breaths before responding can prevent saying something you'll later regret.

Stay curious.

Ask questions instead of making assumptions. Sometimes one conversation can prevent weeks of unnecessary tension.



Healthy Boundaries Are Healthy Relationships

Setting Healthy Boundaries

Setting boundaries isn't about pushing people away, it's about creating relationships built on mutual respect while protecting your own well-being.

Healthy boundaries may include:

- Saying "no" without feeling guilty.
- Protecting time for rest and family.
- Limiting after-hours work communication when possible.
- Respectfully expressing your needs.
- Recognizing when you need support instead of trying to do everything yourself.

As therapist Nedra Glover Tawwab writes in *Set Boundaries, Find Peace*:

"If you think about it, the root of self-care is setting boundaries: it's saying no to something in order to say yes to your own emotional, physical, and mental well-being."

Remember: Every time you say yes to something that isn't healthy for you, you're often saying no to something that is. Choosing healthy boundaries isn't selfish, it's an essential part of caring for yourself and building healthier, more balanced relationships.

Boundaries at Work Matter, Too

Many people think of boundaries only in personal relationships, but they are equally important in the workplace. Healthy professional boundaries promote respect, reduce burnout, and improve teamwork. This may look like communicating expectations clearly, respecting work-life balance, declining unreasonable requests when appropriate, avoiding taking on responsibilities that belong to others, and addressing concerns directly and respectfully. Strong workplace boundaries help create healthier relationships with coworkers, supervisors, and the people we serve.

Relationship Check-In

Take a moment to ask yourself:

- ✓ Do I feel comfortable expressing my thoughts and feelings?
- ✓ Am I listening as much as I expect others to listen to me?
- ✓ Is there someone I should reach out to or reconnect with?
- ✓ Am I allowing stress to affect how I treat the people I care about?
- ✓ What is one small thing I can do this week to strengthen an important relationship?
- ✓ Am I maintaining healthy boundaries at work, or am I taking on more than I can reasonably manage?

Small, consistent efforts often have the greatest impact.

Five Ways to Strengthen Relationships

1. Put your phone away during one conversation each day.
2. Tell someone specifically what you appreciate about them.
3. Practice active listening without interrupting.
4. Schedule time with someone who is important to you.
5. Offer yourself the same compassion you offer others.

Healthy relationships begin with healthy communication and healthy communication begins with intention.

Seaside Serenity Counseling

We are committed to supporting emotional wellness through compassionate, professional counseling services.

Services may include support for:

- Anxiety and stress management
- Depression
- Work-related stress and burnout
- Relationship concerns
- Life transitions
- Trauma and acute stress reactions
- Grief and loss
- Self-esteem and personal growth

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 an immediate family member

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/>