



**Employee Assistance Program
Quarterly Newsletter, Summer 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



Mid-Year Reset: Prioritizing Mental Wellness This Summer

As we move through the summer months, many people expect to feel more relaxed, energized, and balanced. However, for many employees, summer can bring a different kind of stress. Changes in routines, childcare demands, travel, financial strain, social obligations, and workplace transitions can contribute to emotional exhaustion and increased anxiety.

July can serve as an important opportunity for a “mid-year reset.” This is an opportunity to check in with yourself emotionally, mentally, and physically.

At Seaside Serenity Counseling, we encourage employees to remember that mental wellness is not about being stress-free. It is about recognizing stress early, developing healthy coping strategies, and reaching out for support when needed.

Recognizing Signs of Burnout

Burnout does not always happen suddenly. Often, it develops gradually over time and may show up in subtle ways before becoming overwhelming.

Common signs of burnout include:

- Feeling emotionally drained or detached
- Increased irritability or frustration
- Difficulty concentrating
- Trouble sleeping or feeling rested
- Loss of motivation
- Increased anxiety or feeling constantly “on edge”
- Physical symptoms such as headaches, fatigue, or muscle tension
- Feeling overwhelmed by tasks that previously felt manageable

Many individuals continue functioning at work while privately struggling emotionally. Paying attention to early warning signs can help prevent stress from escalating.

Healthy Ways to Recharge This Summer

Small lifestyle changes can have a meaningful impact on emotional wellness and stress reduction.

Why is the practice of Gratitude good for your mental health?

Researchers studying gratitude report that practicing gratitude can improve your health and well being. Robert Emmons, Ph.D and colleagues at UC Davis randomly divided study participants into three groups, each of which made weekly entries in a journal. One group had to write about five things they were grateful for. Another group was assigned to write about five things they found annoying or irritating. And a control group was asked to list five events that affected them in some way. At the end of the three-week study, those who focused on gratitude reported feeling better about their lives overall, were more optimistic about the upcoming week and reported fewer health problems when compared to the group that focused on hassles, or the control group.

Other research on gratitude reports:

Study participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period when compared to study participants who did not focus on gratitude.

In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of positive moods, better sleep quality and duration and more optimistic ratings of one's life, when compared to a control group.

Cultivating gratitude

If you would like to increase your focus on gratitude we suggest you maintain a gratitude journal. Set aside time each day to record at least three to five things that you are grateful for.

Psychologists say this is probably the most effective strategy to help you create the habit of focusing on the positive in your life. Create a list of benefits in your life and ask yourself, “To what extent do I take these things for granted?” Seeing these benefits in writing can help you become more mindful of the good things in your life.

Use visual cues to trigger thoughts of gratitude. Use Post-It notes to list the things you are grateful for on your desk, your refrigerator or the steering wheel of your car. You may also use other cues throughout the day to prompt you to pause, reflect, and identify things for which you are grateful.

Additional Methods to Manage Burnout

Consider:

- **Taking short breaks throughout the workday**
- **Limiting overcommitment and scheduling downtime**
- **Maintaining healthy sleep routines**
- **Staying hydrated and physically active**
- **Spending time outdoors when possible**
- **Setting boundaries with work emails and after-hours responsibilities**
- **Reconnecting with supportive people**
- **Practicing self-compassion instead of self-criticism**

Self-care does not need to be elaborate. Consistency is often more important than perfection.



Managing Work-Life Balance During Summer Months

Summer schedules can become especially demanding for parents, caregivers, and employees balancing personal and professional responsibilities.

Helpful strategies may include:

- **Using calendars and routines to reduce overwhelm**
- **Communicating proactively about scheduling needs**
- **Delegating tasks when possible**
- **Identifying realistic expectations rather than striving for perfection**
- **Allowing flexibility when plans change unexpectedly**

Remember that productivity and wellness are interconnected. Taking care of yourself supports both personal well-being and professional performance.

When to Consider Additional Support

It may be helpful to seek support if stress begins interfering with:

- Sleep
- Relationships
- Mood
- Work performance
- Motivation
- Daily functioning

Seeking counseling is not a sign of weakness. Many people benefit from having a safe and supportive space to process stress, life transitions, anxiety, depression, grief, relationship concerns, or burnout.

Employee Reminder

If you are participating in telehealth counseling sessions while traveling during the summer months, please remember that clients must be physically located in New Jersey at the time of their telehealth appointment.

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

Wishing you a healthy, balanced, and restorative summer 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 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/>