



August/September 2025

EAP PROMOTIONAL EMAIL

Hello everyone – As August begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family during August and September:

Events and Webinars

The Washington State EAP is excited to share our expanded roster of **live** [events and webinars](#)! We hope that you will be able to join us for the following events:

- Join us for Wellness Wednesdays – **every Wednesday at 12-12:30 pm or 4-4:30 pm**, whichever fits your schedule best!

August Wellness Wednesday: Back to School for Your Brain – Learning, Growth, and Mental Wellness

This August, we're embracing the "Back to School" season with a renewed focus on growth, optimism, and emotional wellness. Each of this month's sessions is designed to spark curiosity, build inner strength, and help you cultivate joy in your daily routine. To make these workshops more accessible, we're now offering two Wellness Wednesday sessions each week—join us at **12:00 pm or 4:00 pm**, whichever fits your schedule best!

- **August 6, 2025: The Science of Happiness**

Explore what positive psychology teaches us about lasting happiness. In this session, we'll look at research-backed practices that can help you increase joy, build stronger connections, and improve your overall well-being, no toxic positivity required! Learn small shifts that can lead to a more meaningful and satisfying life.

- **August 13, 2025: Everyday Joy: Habits That Lift Your Mood**

Happiness isn't always about big moments—it's often found in daily habits. Discover how routines, rituals, and intentional choices can shape your mood, protect your mental health, and help you create a more fulfilling day-to-day life.

- **August 20, 2025: The Happiness Myth: Rethinking What Makes Us Thrive**

We've been told that success leads to happiness—but what if we've had it backward? In this thought-provoking session, we'll challenge outdated ideas about happiness and explore what it really means to thrive in today's world. You'll walk away with a fresh perspective and new tools to define happiness on your terms.

- **August 27, 2025: Tapping Into Optimism During Difficult Times**

When things feel heavy or uncertain, optimism can feel out of reach. But it's not about pretending things are okay—it's about learning how to hold hope and hardship at the same time. This session explores the science of optimistic thinking and offers practical tools for staying grounded, future-focused, and emotionally resilient.

Join us every Wednesday in August at noon or 4:00 pm! To register for this series, click [HERE](#)!

- **[Boundaries 101 – Saying No Without Guilt](#) – micro-webinar #1**

Feeling stretched thin? This practical session teaches you how to say no clearly and kindly. Learn how boundaries reduce stress, protect your energy, and improve communication—without damaging relationships. This is one of our most requested sessions for a reason!

Tuesday, August 12, 2025, 2:30 pm – 3:00 pm

- **[Refresh Your Routine for a New Season](#) – micro-webinar #2**

Back to school means back to structure—but your routine should support your well-being, not just your to-do list. This session will help you refresh your daily habits with intention. Learn how to add ease, joy, and focus to your days as we move into fall.

Friday, August 29, 2025, 1:00 pm – 1:30 pm

Join us this August for these exciting micro-webinars! To register, click [HERE](#)!

- **Can't attend the live webinars this month?** EAP offers [on-demand webinars](#) on a variety of subjects, which can be found in our new [Resource Library](#).

- **Want to know when new Wellness Wednesday, live EAP workshops, or on-demand webinars are available?**

You can now subscribe to our Webinars Bulletin! It's the easiest way to stay up to date with upcoming topics, session launches, and fresh tools to support your well-being, all delivered straight to your inbox! Click [HERE](#) to subscribe.

- **Coming Soon: *September* Wellness Wednesday Series – on demand**

Theme: "Navigating Change with Compassion"

Our September series explores how to move through life's transitions with resilience, empathy, and emotional agility. New on-demand presentations will be posted to the [Webinars](#) page **by September 1**. No registration required—just watch whenever it works for you!

Work/Life

In August, the [EAP Work/Life site](#) is offering tools and resources to help you explore **the importance of strong social connections** and understand how to build better relationships with friends, family, and coworkers to live a more fulfilling life. To get started, view this month's on-demand seminar, **"Connectedness: Cultivating Meaningful Social Connections"** – it's available beginning Tuesday, August 19th through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

In September, the [EAP Work/Life site](#) is offering tools and resources to help you better understand **how social media affects your mental wellbeing**, including how to set boundaries on social media usage and mitigating other drawbacks as well as leveraging the benefits, so you can maintain a healthy balance. To get started, view this month's on-demand seminar, **"Navigating Social Media for Mental Wellness"** – it's available beginning Tuesday, September 16th through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

Monthly Resources for August & September 2025

Back to School Season: Transitions Through August and September

As we transition into late summer, August and September offer the perfect moment to pause, reflect, and realign. These months bring timely observances like Black Business Month, National Wellness Month, and Civility Month, and soon, National Suicide Prevention Awareness Month in September. Together, they invite us to check in with ourselves, mentally, physically, and emotionally. Whether you're savoring the slower pace of summer or preparing for the energy of a new season, this season is full of opportunities to deepen your well-being and strengthen your sense of connection.

We begin the month with the **International Allyship Day (August 4th)**, **National Back-to-School Prep Day (August 15th)**, and **National Relaxation Day (August 15th)**, observances that encourage us to reach beyond ourselves and build communities rooted in trust, belonging, and solidarity. These reminders are especially timely as **Back-to-School Season** gets underway, bringing new routines, fresh challenges, and the need for extra care (for kids *and* adults).

Explore and Reflect:

Whether you're looking to refresh your self-care routine, foster stronger relationships, or simply find your footing during a season of transition, these resources can help you get started:

Back-to-School Season and National Back to School Prep Day – August 15, 2025

National Back to School Prep Day is the perfect reminder to get organized for **Back-to-School Season**: mentally, emotionally, and logistically. Whether you're a caregiver, educator, student, or simply adjusting to shifting routines, this day encourages thoughtful preparation and intentional transitions. Use it as a cue to reflect on what you need to start the fall strong.

- [A Guide for Working Caregivers During the Back-to-School Transition](#)
- [Back-to-School Tips for Working Parents](#)
- [Addressing Working Parents' Back-to-School Worries: Expert Advice from a Therapist](#)

- [How to Support Working Parents Amid Back-to-School Season](#)
- [How Employers Can Help Working Parents Navigate Back-to-School Season](#)
- [5 Ways HR Can Support Working Parents During a Busy Back-to-School Season](#)
- [2025 Back to School Articles for Educators](#)
- [Well-Being/Mental Health Literacy Training for Educators and School Staff](#)
- [What Teachers Really Need to Thrive](#)
- [Educators' Self-Care Ideas](#)
- [5 Ways Schools Can Retain More Black Educators](#)
- [LGBTQ+ Youth Mental Health Resource Collection](#)
- [GLSEN Educator Resources \(to support LGBTQ+ students\)](#)
- [How Schools Can Support Neurodiverse Students](#)
- [Stimpunks Foundation: Mutual Aid and Human-Centered Learning for Neurodivergent and Disabled People](#)
- [Wellbeing Tools for Youth and Teens](#)
- School Success Kits for Kids with
 - [ADHD](#)
 - [Executive Functioning Issues](#)
 - [Sensory Processing Issues](#)
- [10 Back-to-School Tips for LGBTQ+ Students](#)
- [In Their Own Words: LGBTQ+ Young People Head Back to School](#)
- [For LGBTQ+ Students: Your Back-to-School Advice](#)
- [Immigrant Students and Schools: Know Your Rights](#)

International Allyship Day – August 8, 2025

Allyship isn't just about standing beside others—it's about taking intentional, ongoing action to build more inclusive, equitable spaces for everyone. Observed on August 4, **International Allyship Day** invites us to reflect on how we can show up for marginalized communities, challenge biases, and cultivate a culture of belonging.

Explore more:

- [Promoting Unity & Belonging Daily](#)
- [How to Show Up for Marginalized Communities](#)
- [A Quick Guide: What is Allyship?](#)
- [How to Be a Trans Ally in 2025](#)

National Relaxation Day – August 15, 2025

This day reminds us that rest is not a luxury—it's essential to our health. Taking intentional time to relax helps reduce stress, regulate emotions, and restore energy. Whether you unwind through mindfulness, movement, or time outdoors, this day encourages us to slow down and breathe. Celebrate by exploring ideas for relaxation:

- [International Day of Relaxation](#)

- [Permission to Rest](#)
- [Can't Relax?](#)
- [How to Take a Break from Work—and Why You Need To](#)

National Black Business Month

August is Black Business Month—a time to recognize and support Black-owned businesses, celebrate innovation and entrepreneurship, and uplift economic equity. It's also a chance to learn about the barriers Black business owners face and take action to foster inclusion.

Explore more:

- [Black Business Month and the Importance of Economic Equity](#)
- [100+ Black Owned Businesses to Support](#)
- [Black Business Month](#)
- [How to Be a True Ally for Black-Owned Businesses Year-Round](#)

National Civility Month

In a world that often feels divided, National Civility Month calls on us to lead with kindness, respect, and understanding. Practicing civility in the workplace and beyond helps build inclusive environments where all voices are valued.

Explore more:

- [What Is Civility? And Why Does It Matter?](#)
- [Civility at Work](#)
- [The Impact of Incivility in the Workplace](#)
- [Celebrating National Civility Month](#)

National Wellness Month

August is recognized as National Wellness Month, a time to prioritize whole-person well-being. It's an opportunity to recommit to daily habits that nourish your mental, physical, emotional, and social health. Whether that means taking more breaks, connecting with loved ones, setting boundaries, or starting a new routine—you get to define what wellness looks like for *you*. Small, consistent actions can lead to big shifts in how we feel, function, and flourish.

Explore More:

- [15 Ways to Celebrate National Wellness Month](#)
- [Real Self-Care vs. “Wellness” Culture](#)
- [The 7 Types of Rest Everyone Needs](#)
- [How to Support Mental Health During Life Transitions](#)

Trusted Organizations and Resources

Explore more trusted resources for mental health, self-care, and community building:

- [NAMI](#)
- [Mental Health America](#)
- [Child Mind Institute](#)
- [JED Foundation](#)
- [The Trevor Project](#)
- [LGBT National Help Center](#)
- [Human Rights Campaign/HRC](#)
- [PFLAG](#)
- [It Gets Better](#)
- [Workplace Strategies for Mental Health](#)
- [Practicing Presence: Connecting with Your Bodymind for Deeper Dialogue with Self/Other](#)
- [\(Video\) Compassionate Body Scan Meditation \(23 minutes\)](#)
- [\(Video\) Coping With Uncertainty Meditation \(9 minutes\)](#)
- [\(Video\) Box Breathing Meditation \(6 minutes\)](#)
- [10 Guided Meditations for Tough Times](#)

Let’s use this season as an invitation to pause, reflect, and realign — mentally, emotionally, and socially.

Whether you’re easing back into routines, strengthening connections, or exploring new ways to care for yourself and your community, give yourself the space in August and September to realign with what matters most.

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Need support? The Washington State EAP is here for you. Visit eap.wa.gov for confidential counseling, webinars, and tools to help you build confidence, set healthy boundaries, and navigate life with greater self-assurance.