



May 2025 EAP PROMOTIONAL EMAIL

Hello everyone –

As May begins, the [Washington State Employee Assistance Program \(EAP\)](#) invites you to join us in recognizing [Mental Health Awareness Month](#). This year, we're embracing the theme of *mental well-being*, focusing on managing mental health challenges and proactively building resilience, strength, and emotional wellness in everyday life.

Events and Webinars

- **EAP Webinars: Wellness Wednesday Update**

In honor of Mental Health Awareness Month — and in the spirit of practicing intentional well-being, our Wellness Wednesday series will take a mindful pause during May.

We're using this time to recharge, reflect, and prepare exciting new resources for the months ahead. We'll return in June with fresh sessions, ready to support your mental wellness journey with renewed energy!

In the meantime, we encourage you to prioritize your mental well-being with small, meaningful self-care, whether connecting with a friend, taking a mindful break, or simply being kind to yourself.

Stay tuned for Wellness Wednesday updates next month!

- EAP offers [on-demand webinars](#) on a variety of subjects, including EAP Orientation, caring for older adults, our March Wellness Wednesdays offerings on surviving change, and [more](#).
- This month we are featuring selected **live webinars from these trusted sources:** [Mindspring Mental Health Alliance](#) and [McLean Hospital](#):
 - (Tue 5/6/25, 8-9:00 am PT) [Recognizing and Supporting Adults with Late-Diagnosed Autism](#)

- (Wed 5/7/25, 8-9:00 am PT) [The Connection Between Substance Use Disorders and Mental Illness](#)
- (Tue 5/13/25, 10-11:00 am PT) [Work Stress and Burnout](#)
- (Tue 5/20/25, 8-9:00 am PT) [A Parent's Guide to Dealing with Bullying](#)
- (Tue 5/20/25, 10-11:00 am PT) [Understanding Anxiety](#)
- (Tue 5/27/25, 10-11:00 am PT) [Creating a Low-Stress Environment and Minimizing Crisis](#)

Work/Life

In May, the [EAP Work/Life site](#) is offering tools and resources to help you learn more about **understanding and navigating anxiety**: explore what causes anxiety and identify everyday “triggers” so you can more effectively and calmly navigate life’s uncertainties and struggles. Get started by viewing this month’s on-demand seminar, “**Anxiety Unmasked**” – it’s available beginning **Tuesday, May 20th** through the [Work/Life site](#): just log in with your Work/Life Access Code, **EWU**.

Monthly Resources for May 2025

What is Mental Well-Being?

Mental well-being isn’t just the absence of mental illness — it’s about nurturing emotional strength, resilience, and a sense of fulfillment.

While mental health often focuses on diagnosing and treating challenges, mental well-being emphasizes *proactively* caring for one’s mind, emotions, and relationships. It’s about building habits that help one thrive, not just survive.

- A few simple ways to care for your mental well-being:
- Connect with people who uplift you
- Move your body in ways that feel good
- Pause and breathe during stressful moments
- Reflect on what brings you joy and meaning
- Seek support when you need it — asking for help is a sign of strength
- Mental well-being is a daily practice — one small step at a time.

Featured Resource: Supporting Your Mental Well-Being

We’ve gathered various articles, toolkits, and webinars to support you this month, whether you’re looking to strengthen resilience, manage uncertainty, or help a loved one.

- Explore helpful topics like:
 - [Coping with the Emotional Impact of a Layoff](#)
 - [Steps to Surviving Job Loss](#)
 - [10 Tips for Dealing with the Stress of Uncertainty](#)
 - [Healthy Break Activities for Mental Wellness](#)
 - [Nurturing Your Spirit During Challenging Times](#)
 - [When Your Job Breaks Your Heart \(HBR\)](#)
- Additionally, we honor important awareness events this month, including:

- [Mental Health Action Day](#) (May 16th)
- [National Do Something Good for Your Neighbor Day](#) (May 16th)
- [International Day Against Homophobia, Transphobia, and Biphobia](#) (May 17th)
- And these days highlight the power of connection, compassion, and community:
 - **Do Something Good for Your Neighbor Day** reminds us that small acts of kindness can uplift others and strengthen emotional resilience.
 - **International Day Against Homophobia, Transphobia, and Biphobia** invites us to stand against discrimination and support mental wellness for LGBTQIA2S+ individuals.
 - **Mental Health Action Day** encourages everyone to move from awareness into meaningful action — whether checking in on a friend, learning something new, or practicing extra self-care.

Supporting mental well-being means creating a world where everyone feels safe, valued, and connected.

In addition to this month's featured resources, we've gathered even more inspiration to help you nurture your mental well-being:

- **Mental Wellness and Resilience**
 - [31 Tips to Boost Your Mental Health](#)
 - [7 Ways to Shift Your Difficult Emotions](#)
 - [Surviving Tough Times by Building Resilience](#)
- **Work and Stress Management**
 - [Mental Health at Work](#)
 - [Recovering from Work Stress](#)
- **Community and Belonging**
 - [Mental Health Resources for Marginalized Communities](#)
 - [Understanding LGBTQ+ Mental Health](#)
- **Self-Care and Emotional Support**
 - [DIY Tool: Overcoming Negative Thoughts](#)
 - [Things You Can Say When You're Not "Fine"](#)

Crisis and Mental Health Support

- If you, or someone you know, needs immediate support:
- 988 Suicide & Crisis Lifeline: Call, text, or chat 988 — available 24/7/365.
- The Trevor Project: For LGBTQIA2S+ youth support - 866-488-7386 or text 678-678.
- Native and Strong Lifeline: Call 988, then press 4.
- Washington Recovery Helpline: 1-866-789-1511 — for mental health, substance use, and gambling concerns.
- For additional resources, visit: 988lifeline.org

Remember: Taking care of your mental health is not selfish — it's essential. Whether it's setting boundaries, asking for help, or simply pausing to breathe, every self-care act is a strength.

The Washington State EAP is here to support you. Visit eap.wa.gov confidential counseling, on-demand webinars, and tools to help you thrive.

Wishing you a May filled with care, connection, and kindness.

— Your EAP Team