



July 2025 EAP PROMOTIONAL EMAIL

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

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 from 12noon to 12:30 pm.

July Wellness Wednesdays: *Cultivating Creativity for Well-Being*

This July, we're exploring the power of creativity as a tool for wellness, expression, and resilience. You don't need to be an artist to benefit from creativity—in fact, creativity shows up in everyday problem-solving, storytelling, movement, and even rest. Throughout this four-part series, we'll uncover how to tap into creative energy in ways that reduce stress, support personal growth, and spark inspiration in your daily life.

Each 25–30-minute session is designed to be welcoming, accessible, and engaging. No artistic talent required! **Join us every Wednesday in July at noon! To register for this series, click [HERE](#)!**

- **July 9, 2025: Creative Expression as Self-Care: Why It Matters (Even If You're Not an Artist)**
Explore how creativity supports mental and physical health, lowers stress, and strengthens self-compassion. Learn how to reconnect with your own creative voice in ways that feel personal and meaningful.
- **July 16, 2025: Designing for Inspiration: How Your Environment Shapes Creativity**
Discover how your space influences creative flow. Learn simple, research-backed ways to adjust your environment—whether at home or at work—to invite more energy, clarity, and imaginative thinking

- **July 23, 2025: The Art of Productive Daydreaming: Letting Your Brain Breathe**
Permit yourself to pause. This session explores the science behind mind-wandering, the role of boredom in creativity, and how unstructured moments can unlock insight and innovation.
- **July 30, 2025: From Stuck to Spark: Creative Problem-Solving with Design Thinking**
Bring it all together with a practical method for tackling challenges creatively. Learn the five steps of Design Thinking and how to apply them to real-life problems with curiosity, structure, and momentum.

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- [Creative Thinking for Everyday Problem-Solving](#)

What if your next great solution didn't come from working harder, but from thinking differently? In this interactive micro workshop, we'll explore how creative thinking can help you tackle everyday challenges with more confidence, curiosity, and clarity. Learn how to reframe stuck problems, generate fresh ideas, and navigate uncertainty with a more open mind. You'll leave with tools that spark problem-solving even in high-pressure moments—plus a few laughs along the way. **Thursday, July 17, 2025. 3:00 pm – 3:30 pm.**

- [The Power of a Creative Pause](#)

Need a reset that works? This session explores the surprising mental health benefits of taking short, creative breaks—what we call “creative pauses.” Whether it's doodling, journaling, music, or mind-wandering, these micro-moments of self-expression can reduce stress, improve focus, and bring a little more joy into your day. You'll try a few quick techniques, learn why they work, and discover how to build them into your routine...no artistic skill required! **Tuesday, July 29, 2025, 11:00 am – 11:30 am.**

- [New to the Washington State EAP—or just need a refresher?](#)

Join us on **Tuesday, July 11, 2025, from 12:00–1:00 PM** for two live, 30-minute orientation sessions designed to help you get the most out of your Employee Assistance Program (EAP).

- **Noon – Employee Orientation:** Learn how the EAP supports your well-being through free, confidential services and everyday resources.

- **12:30 PM – Leadership Orientation:** A quick overview tailored for supervisors, managers, and HR professionals on how to support your teams using EAP tools.

Whether you're brand new or simply want to reconnect with what's available, we'd love to see you there!

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

Work/Life

In July, the [EAP Work/Life site](#) is offering tools and resources to help you understand and build more **resilience:** how to develop your ability to bounce back from setbacks, learn practical strategies so you can face challenges, and navigate change with confidence. To get started, view this month's on-demand

seminar, **“The Power of Resilience”** – it’s available beginning Tuesday, July 15th through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

Monthly Resources for July 2025

July 2025: Vacation, Summer, Rest, and Renewal

As summer unfolds, it’s a time to recharge and reflect. This month, we celebrate the importance of rest and renewal, embracing the opportunity to take a break, support mental wellness, and honor our communities. We also highlight important observances like Disability Pride Month (commemorating the Americans with Disabilities Act on July 26th), International Self-Care Day (July 24th), Cheer Up the Lonely Day (July 11th), and International Day of Friendship (July 30th). Let's find joy, connection, and meaning this month.

Disability Pride Month and Related Resources

In recognition of Disability Pride Month, we encourage reflection on the history and ongoing fight for disability rights. This month commemorates the anniversary of the Americans with Disabilities Act (ADA) and highlights the importance of accessibility, inclusion, and advocacy. Below are resources to learn more and celebrate Disability Pride:

- [What You Need to Know About Ableism](#)
- [Ableism and Disablism](#)
- [UN Fact Sheet on Persons with Disabilities](#)
- [Global Report on Health Equity for Persons with Disabilities](#)
- [Disability Language Style Guide](#)
- [10 Principles of Disability Justice](#)
- [Disability Rights Washington: Tools to Help You](#)
- [Identity-First Language](#)
- [Crip as Disability Terminology](#)
- [Classroom Resources for Disability Rights Learning](#)
- [Newly Disabled People Aren’t Given a “How To” Guide. Disability Doulas Are Closing Those Gaps](#)

Cheer Up the Lonely Day & International Day of Friendship

July 11th is Cheer Up the Lonely Day, a reminder to reach out to those who may be feeling isolated. Later in the month, the International Day of Friendship (July 30th) invites us to celebrate the value of human connection. Here are resources for fostering friendships and supporting mental wellness.

- [Friends: Building New Friendships, Nurturing Lifelong Friendships](#)
- [All Lasting Friendships Have This One Thing in Common](#)
- [How the 4 Types of Friendship Fit into Your Life](#)
- [Making Friends at Work](#)
- [The Increasing Importance of a Best Friend at Work](#)

- [Podcast: Lead with That – The Role of Leadership in Shifting Team Culture](#)
- [How to Promote Wellbeing at Work](#)
- [Coaching People to Connect](#)
- [The Healing Effects of Social Connection and Community \(U.S. Surgeon General Advisory on Epidemic of Loneliness\)](#)

International Self-Care Day (July 24th)

Self-care is essential for mental and physical well-being. On International Self-Care Day, let's focus on ways to prioritize our health and happiness. Celebrate by exploring ideas for rest and relaxation:

- [What is Real Self-Care?](#)
- [The 7 Kinds of Rest You Actually Need](#)
- [International Self-Care Day: What's Your "One Thing"?](#)
- [10 Ways to Practice Self-Care as a Parent](#)
- [Ideas for Building a Healthy Self-Image and Improving Self-Esteem](#)
- [33 Ideas for Assembling a DIY Self-Care Kit](#)
- [7 Benefits of Vacation for Your Physical and Mental Health](#)
- [Self-Care Tips to Prioritize Your Mental Health](#)
- [How to Take a Break from Work – and Why You Need To](#)
- [How Can We Encourage Employees to Use Their PTO?](#)

Mental Health & Well-Being Resources

As we prioritize rest, it's important to also tend to our mental health. Here are a few resources to help promote well-being for you and your community:

- [Self-Care Resources for Trans and Non-Binary Folks](#)
- [Understanding Chronic Mental Stress and What to Do About It](#)
- [Neurodiversity at Work: A Biopsychosocial Model and the Impact on Working Adults](#)
- [Fighting Back Against Wellness Culture](#)
- [How to Eliminate Stigma and Reduce Barriers Regarding Mental Health Concerns](#)

Celebrating Marginalized Communities and Mental Health

This month, let's also reflect on the importance of supporting marginalized communities and their well-being. These resources offer insights into the intersection of mental health, self-care, and social justice:

- [Re-imagining Self-Care for Black Folks](#)
- [Radical Self-Care \(from Learn & Unlearn: Anti-Racism Resource Guide\)](#)

- [The Power of Friendship Among Black Women: A Source of Strength and Solidarity](#)
- [How Friendship Changes in Your 20s, 30s, 40s, and Beyond](#)
- [An Ode to Queer Friendship](#)
- [Self-Care Resources for Trans and Non-Binary Folks](#)

Trusted Organizations and Resources

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

- [NAMI \(National Alliance on Mental Illness\)](#)
- [Mental Health America](#)
- [The Trevor Project](#)
- [Child Mind Institute](#)
- [Workplace Strategies for Mental Health](#)
- [Practicing Presence: Connecting with Your Bodymind for Deeper Dialogue with Self/Other \(PDF\)](#)
- [Video: Compassionate Body Scan Meditation \(23 minutes\)](#)
- [Video: Coping With Uncertainty Meditation \(9 minutes\)](#)

Let's use this month to focus on taking care of ourselves and each other—whether it's through celebrating Disability Pride Month, finding joy in our friendships, or dedicating time to self-care. Take this moment to rest, renew, and reflect on the power of connection.

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.

Wishing you a July filled with rest, renewal, meaningful connections, and powerful self-care!