



# November/December 2025 EAP PROMOTIONAL EMAIL

Hello everyone – As we move into the final months of the year, the [Washington State Employee Assistance Program \(EAP\)](#) recognizes how full this season can be with work deadlines, holiday plans, and the natural pull to wrap up the year well. Amid all the activity, we invite you to pause and make space for your own well-being. Whether you're managing year-end demands, supporting your team, or simply trying to find balance, the EAP is here to help.

## Events and Webinars

**EAP webinars:** To make it easier to engage when it fits your schedule, the EAP will not be hosting live webinars in November or December. Instead, Wellness Wednesday sessions will be available **on demand**, so you can tune in whenever it works best for you.

November sessions will be available starting November 10<sup>th</sup>, and December sessions will be available starting November 21<sup>st</sup>.

- **November: The Holiday Stress Toolkit** series offers practical strategies to reduce pressure, simplify your days, and refocus on what truly matters. Whether you're managing finances, setting boundaries, or learning to say "no" without guilt, these sessions will help you enjoy the season on your own terms. November sessions will be available starting November 10<sup>th</sup>.
  - **Session Highlights:**
    - Holiday Stress Toolkit: 3 Quick Reset Practices – Steady your nervous system in the moment.
    - Smart Spending: Financial Wellness for the Season – Budget with intention and values in mind.
    - Protecting Your Time: Practical Energy Management – Boundaries and buffers that preserve peace.
    - Simplify, Prioritize, Thrive – Cut decision fatigue and focus on what matters most.
  - **Explore More:**
    - [10 Ways to Sidestep Holiday Financial Stress](#)

- [Tips to Make Your Holidays More Joyful by Lessening Financial Stress:](#)
- [6 Steps to Design Healthy Holiday Boundaries](#)
- [Coping with Holiday Stress – UCLA Health](#)
- [Family, Food, and Friction: A Holiday Reality Check](#)
- As the year winds down, the **December Winter Well-Being** series helps you replenish energy, lift your mood, and strengthen social connections. Learn simple, science-backed ways to care for your body, mind, and spirit through the darker months and start the new year feeling renewed.
  - **Session Highlights:**
    - Beating the Winter Slump – Small, science-based ways to lift your energy and mood.
    - Boosting Energy & Mood in Darker Months – Light, movement, and daily habits that make a difference.
    - Social Connection in the Season of Isolation – Practical ways to build belonging.
    - Rest as Renewal – How intentional rest restores focus and calm.
  - **Explore More:**
    - [Seasonal Affective Disorder: It's More Than Just "Feeling Blue"](#)
    - [Feeling Nostalgic This Holiday Season?](#)
    - [10 Guided Meditations for Tough Times](#)
    - [Compassionate Body Scan Meditation \(23-Minute Video\)](#)
    - [Caring for Your Mental Health During the Holidays](#)
- **Availability Dates:**

November Sessions, **November 10, 2025**  
 December Sessions, **November 21, 2025**

In addition, EAP offers [on-demand webinars](#) on a variety of subjects in our [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.

## Work/Life

In November, the [EAP Work/Life site](#) is offering tools and resources to help you learn about the **connection between better sleep and better health**: how getting enough rest each night may reduce your stress, improve your physical health, and your mental wellbeing. Learn practical strategies to improve your sleep patterns and sleep quality by viewing this month's on-demand seminar, **“Sweet Dreams: Strategy for Better Sleep and Better Health”** – it's available beginning Tuesday, November 18th through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

In December, the [EAP Work/Life site](#) is offering tools and resources to help you explore **how to create healthy habits**: how to take steps proactively to improve your physical and mental health before you have an issue, establish healthy habits early on, and take control of your wellness journey. To get started, view

this month's on-demand seminar, "**Taking Charge**" – it's available beginning Tuesday, December 16th through the Work/Life site: just login with your Work/Life Access Code, <your Access Code>.

## Monthly Resources for November and December 2025

### November and December 2025: Reframing the Holidays: Caring for yourself and others

The holidays can be a time of joy, gratitude, and togetherness — but they can also bring stress, pressure, and complicated emotions. Between finances, family expectations, and busy schedules, it's easy to lose sight of what really matters.

If the season feels heavy or out of sync with where you are emotionally, remember this: you're not alone, and it's okay to approach the holidays in a way that feels right for you. This might mean setting boundaries, creating new traditions, or simply giving yourself permission to rest and reset. Small acts of self-kindness and genuine connection, whether that's sharing a meal, taking a walk, or offering a listening ear, can go a long way toward restoring balance and meaning.

Explore and reflect on the observances below, each offering an opportunity to honor resilience, strengthen connection, and support mental well-being. We encourage you to share these resources with colleagues, friends, or loved ones who may benefit from them.

#### Explore and Reflect:

Even small gestures of kindness can have a ripple effect during the holidays — listening without judgment, checking in on a colleague, or volunteering time can bring warmth and perspective when stress runs high.

#### Explore More:

- [Practicing Presence: Connecting with Your Bodymind for Deeper Dialogue](#):
- [Compassionate Body Scan Meditation \(Video\)](#):
- [10 Guided Meditations for Tough Times https](#)

As we take care of ourselves this season, it's equally meaningful to extend that same compassion to those around us, especially coworkers, friends, and loved ones who may be navigating their own challenges.

### Transgender Day of Remembrance – November 20, 2025

[Transgender Day of Remembrance](#) honors the memory of transgender and gender-diverse individuals whose lives were lost to violence and discrimination. It's also a day of resilience and solidarity.

#### Explore More:

- [Transgender Day of Remembrance – LA County DMH](#)
- [A Conversation About TDOR – GLSEN](#)
- [Trans Euphoria: 30 Inspirational Transgender Quotes](#)
- [HRC Report – Fatal Violence Against Transgender and Gender Non-Conforming People](#):

## Explore More: Supporting Self, Others and Families

- [The Holidays Hit Harder as Stress and Spending Spiral](#)
- [Manage Holiday Stress or Blues With the Gift of Self-Care](#)
- [6 Steps to Design Healthy Holiday Boundaries](#)
- [Tips for Talking About Divisive Issues During the Holidays](#)
- [Finding Harmony During the Holidays](#)
- [Holiday Toolkit – Protecting Your Mental Health \(LGBTQ+\)](#)
- [Why Holiday Loneliness Hits So Hard—and What to Do About It](#)
- [Are Holidays Not Your Thing?](#)

## 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](#)

As we close out the year, this season invites reflection, connection, and care. It's a time to honor traditions, navigate change, and show up for ourselves and others with compassion. Whether you're seeking calm amid the holiday rush or space to reset for the year ahead, remember—the [EAP](#) is here to support your well-being, wherever you are.