



January 2026

EAP PROMOTIONAL EMAIL

Hello everyone – January often brings an invitation to reflect on where we've been and how we want to move forward. Instead of focusing on resolutions or big changes, the [Washington State Employee Assistance Program \(EAP\)](#) encourages a more intentional approach—one that centers clarity, alignment, and care. As you settle into the new year, the EAP is here to support you in creating routines and practices that feel sustainable and meaningful.

Events and Webinars

This month, we are happy to announce a new selection of live [webinars](#)! Our Wellness Wednesday series returns with 4 new sessions about living intentionally, and we have two new 30-minute presentations making their debut. We will also host two live EAP Orientations for those who are new or need a refresher about who we are and what we do. **To register for any of these webinars, please visit our [Webinars](#) page.**

- **January 2026 Wellness Wednesday: Living with Intention**

Rather than chasing resolutions, this series invites you to focus on clarity, alignment, and meaningful routines. Throughout January, we'll explore practices that simplify your life, reconnect you with purpose, and help you design supportive systems for the year ahead. Each session provides gentle guidance, practical tools, and opportunities for reflection on what truly matters.

- **January 7 – Finding Your Ikigai**

Explore the Japanese concept of Ikigai, your “reason for being.” This session offers a compassionate look at purpose, meaning, and alignment in your daily life. You’ll map the four elements of Ikigai (what you love, what you’re good at, what the world needs, and what sustains you) and discover how small, meaningful choices can guide your year with intention.

- **January 14 – The Gentle Art of Swedish Death Cleaning**

Reframe decluttering as a form of self-care and a means to achieve clarity for the year ahead. Learn the Swedish practice of döstädning—a thoughtful, compassionate approach to simplifying

your belongings. This session explores how creating space can reduce stress, support emotional well-being, and help you feel more at ease in your environment.

- **January 21 – Essentialism: Doing Less, But Better**

Eliminate non-essential tasks to reclaim time, energy, and focus. Essentialism teaches you how to prioritize what truly matters and let go of tasks, commitments, and habits that drain your energy. In this session, you'll explore gentle strategies for saying no, reducing overwhelm, and making space for what brings meaning and alignment into your life.

- **January 28 – Designing Your Intentional Year**

Create rituals, routines, and systems that support the life you want in 2026. Close out the series by designing an intentional year that aligns with your values, strengths, and needs. This session guides you through simple planning tools, grounding questions, and reflective practices to help you build rhythms and systems that feel sustainable and authentic.

- **Your Brain's Productivity Style: How to Find and Use Yours**

Productivity isn't about pushing harder: it's about understanding how your brain naturally works. In this session, you'll explore four unique productivity styles and learn how to identify your own. You'll discover the strengths, challenges, and energy patterns that shape how you focus, problem-solve, collaborate, and get things done. Leave with practical strategies to work with your brain, not against it, so you can feel more effective, less overwhelmed, and more aligned in your day-to-day work.

Date and Time: Tuesday, January 13, 2026, 4:00 pm – 4:30 pm

- **Understanding Workplace Behavior Patterns (and Protecting Your Peace)**

Some people are simply harder for us to work with; not because there is something “wrong” with them, but because their behavior triggers our reactions. In this session, we'll explore four common behavior patterns you may encounter at work, how those patterns tend to show up, and the small mindset and communication shifts that help you stay grounded. You'll walk away with realistic scripts, reflective tools, and a clearer understanding of how to protect your peace in challenging interactions.

Date and Time: Tuesday, January 27, 2026, 11:30 am – 12:00 pm

- **EAP Orientation: HR and Managers**

Supervisors play a crucial role in fostering workplace well-being and guiding employees to available support services. This session provides an overview of how supervisors can utilize EAP services, including consultations on employee performance concerns, workplace conflict resolution, and stress management resources. Learn when and how to refer employees, what services are available, and how the EAP can serve as a valuable leadership tool to improve workplace culture and retention. This is ideal for HR professionals, wellness coordinators, and leadership teams seeking a deeper understanding of how to optimize EAP services for their workforce.

Date and Time: Thursday, Jan 15, 2026, 12:00 pm – 12:30 pm

- **EAP Orientation: Employees**

The Washington State Employee Assistance Program (EAP) offers confidential, no-cost services to support the well-being of employees. This session introduces employees to the range of services available, including counseling, coaching, legal and financial consultations, as well as resources for achieving a work-life balance. Attendees will learn how to access EAP services, schedule appointments, and utilize workplace well-being programs designed to support them in navigating challenges both at work and in their personal lives.

Date and Time: Thursday, January 15, 2026, 4:00 pm – 4:30 pm

To register for any of these webinars, please visit our [Webinars](#) page.

- **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

- **Can't attend the live January webinars?** Check out [future dates](#).

Additionally, EAP offers **on-demand webinars** on a variety of subjects in our [Resource Library](#).

Work/Life

In January, the [EAP Work/Life site](#) is offering tools and resources to help you **keep moving toward your goals**, with practical tools to stay consistent, overcome setbacks, and remain motivated as you work to achieve what matters most. Get started by viewing this month's on-demand seminar, **"Staying on Track: 7 Practical Strategies for Goal Commitment"** – it's available beginning Tuesday, January 20th through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

Monthly Resources for January 2026

Living with Intention

January often arrives with a lot of noise; pressure to set resolutions, overhaul routines, or “start fresh” in ways that feel rigid or unrealistic. Living with intention offers a gentler alternative. Rather than focusing on perfection or productivity, intentional living invites us to pause, reflect, and choose how we want to show up in our lives with clarity, alignment, and care.

Intentional living doesn't require dramatic change. It often manifests through small, thoughtful decisions: how we manage our time, where we allocate our energy, and what we allow to occupy our days. At work, this might mean focusing on what truly matters, setting boundaries that protect your well-being, or reconnecting with the purpose behind your role. At home, it could look like simplifying routines, creating breathing room, or letting go of expectations that no longer serve you.

As you move through January, consider this an invitation rather than a checklist. Notice what supports your well-being, what feels draining, and what brings meaning or ease. Even small, intentional shifts in habits, environment, or mindset can help create a year that feels more grounded, sustainable, and aligned with what matters most.

Explore More:

At Work: Purpose, Focus, and Meaning

- **Featured Pick:**

[Living with Intention at Work and at Home](#)

We chose this article because it bridges work and personal life in a realistic, compassionate way, offering reflection questions and practical insights that help you align daily decisions with what matters most, without adding pressure.

Additional Resources:

[Forget Resolutions! These 3 Things Make Work More Meaningful in 2026](#)

[Working with Purpose](#)

[Help Your Employees Find Purpose — or Watch Them Leave](#)

[Start With Why: How Great Leaders Inspire Action \(Video – 18 min\)](#)

Personal Life: Intentional Living, Values, and Daily Choices

- **Featured Pick:**

[The Helpful Guide to Living an Intentional Life \(Video – 8 min\)](#)

This short video was selected because it offers an approachable introduction to intentional living — ideal if you're feeling overwhelmed or unsure where to start. It focuses on clarity and small shifts rather than big life changes.

Additional Resources:

[The Power of Intention for Living Fully](#)

[Living a Regret-Free Life: Understanding the “Purpose Paradox”](#)

[5 Things People Do in the First 10 Minutes of Their Day That Make a Big Difference](#)

[What Matters Most to People Who Are Dying](#)

Supporting Yourself & Others with Care and Compassion

- **Featured Pick:**

[Practicing Presence: Connecting with Your Bodymind for Deeper Dialogue \(PDF\)](#)

We chose this resource because intentional living isn't just cognitive — it's embodied. This guide offers grounding practices that support presence, self-awareness, and compassionate connection with yourself and others.

Additional Resources:

[Coping With Uncertainty Meditation \(9 min\)](#)

[10 Guided Meditations for Tough Times](#)

[7 Ways to Support Your Partner's Mental Health \(When You're Not a Therapist\)](#)

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 begin a new year, this season invites reflection, clarity, and intention. It's a time to reconnect with what matters most, simplify where possible, and move forward with care, for us and for others. Whether you're easing back into routines or exploring small, meaningful shifts, remember, the EAP is here to support your well-being, wherever you are.

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.