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

**Work:**

- [Why You Should Take More Time Off of Work](#)
- [Well Recovered and More Creative? A Longitudinal Study on the Relationship Between Vacation and Creativity](#)
- [4 Ways for Companies to Protect Worker Mental Health](#)
- [The Importance of Vacation in the Workplace](#)
- [How Taking a Vacation Improves Your Wellbeing](#)
- [Why Taking Vacation Time Can Save Your Life](#)
- [14 Tips for Encouraging Employees to Take Time Off](#)
- [I Just Went of Vacation. How Am I Still Burned Out?](#)
- [The Vacation Paradox: Why Employees Leave Time on the Table](#)
- [Reshaping Workplace Norms: How to Handle Vacation Shamers](#)
- [Creating a Culture of Self Care in the Workplace](#)

**Personal Relationships:**

- [How to Have Fun and Grow Closer On Your Couples Vacation](#)
- [5 Ways To Bring Your Vacation Romance Home](#)
- [How Vacations Can Help or Harm Your Relationship](#)
- [7 Ways to Prioritize Joy in Your Romantic Relationship, and Why Doing So is Essential](#)
- [Having Fun Together is a Key to Relationship Satisfaction](#)
- [Excavating Joy in Relationships](#)
Family Connection:

- Cultivating Joy as A Family
- Taking Advantage of Summertime to Get to Know Your Child
- The Perfect Family Vacation: Why We Are Not There Yet
- Family Bucket List: 100+ Fun Activities and the Best Things to Do with Kids
- 25 Superfun Things to Do with Family to Strengthen Your Bonds
- Fun Family Activities to Do at Home This Weekend
- How to Help Your Family Thrive: The Essentials
- Having Healthy Family Relationships with Less Stress
- Best of Lists for Kids from Common Sense Media: Books, Movies, and Games
- Best Media Picks for Diversity: Recommendations for Families
- Family Engagement Toolkit: Resources to Support Healthy Tech Use at Home and at School

General Resources:

- 8 Steps to a Happier Vacation
- Vacation Stress? You’re Not Alone
- Why Our Body and Brain Need a Vacation
- Create Joy and Satisfaction
- Why It’s Important to Break Routines
- 3 Simple Ways to Cultivate Joy Every Day
- Increase Your Joy Aptitude
- How to Have Real Fun - Even When Life’s Got You Down
- All About Travel Anxiety
- 5 Reasons We Feel Guilty When Relaxing and What to Do
- Staycation Ideas: 6 Ways to Enjoy a Relaxing Vacation at Home
- Caring For Your Mental Health
- 5 Types of Self-Care for Every Area of Your Life
- 5 Practices for a Healthier Emotional Life
- 5 Ways to Make this Your Summer of Fitness
- How to Avoid Post-Vacation Stress