



## July 2024 EAP Taking Time Off promotional information

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 on 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](#)