



January 2026

EAP RESOURCE EMAIL

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, WSU.

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.