fseap Now we're talking.

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International Quality of Life Month

You can always do something to improve the quality of your life. Welcome to International Quality of Life Month. It's a simple observance and reminder that encourages people to evaluate and enhance their physical, mental, emotional, and social well-being. How busy is your life?

In the hustle, it's easy to overlook areas of our lives that require improvement. As humans, we tend to merely cope with life's challenges rather than actively seek change to make things better. So, self-reflection during Quality of Life Month helps remind us that being intentional in the pursuit of happiness and being proactive taking action—rather than taking life as it comes will make life qualitatively better. What tweak or correction in your life might be the one that could make it more fulfilling? And how can the EAP help? Learn more: nationaltoday.com/international-quality-of-life-month/



Embrace Frugality for Big Rewards

Frugality often gets a bad rap and is misunderstood as "cheap," but it means being sparing, thrifty, prudent, or economical in the consumption of resources. Frugality can promote financial stability and reduce anxiety when practiced with awareness. Could frugality be a good thing for you? When you're frugal, you avoid waste and extravagance. Finding a balance between prudent financial management and enjoying life is crucial for maintaining mental well-being. Start your frugal journey by checking out the resource below and turn to your Employee Assistance Program for any assistance to support your financial goals and overall wellness. (Trivia: Warren Buffett's net worth is \$142 billion, yet he only lives in a five-bedroom house with two and a half bathrooms.) Learn more: "Frugal Living for Dummies" by Deborah Taylor-Hough.

What You Should Know about Mini-Strokes

A mini-stroke, clinically known as a transient ischemic attack (TIA), is a temporary disruption of blood flow to the brain that results in stroke-like symptoms. Although TIAs do not cause permanent damage, they serve as critical warning signs for potential future strokes. About one in three people will have a more significant, more serious stroke within a year following a TIA. Symptoms of a TIA last only a few minutes. However, they are similar to a more significant stroke and include weakness, numbness or paralysis in the face, slurred speech, trouble understanding others, temporary blindness, dizziness, and loss of balance or coordination. See a doctor without delay if you experience a TIA. Learn more: www.yalemedicine.org/conditions/ transient-ischemic-attack

Investing In Experiences over Material Possessions

Research shows that investing in experiences leads to greater and more enduring happiness than purchasing material items. The belief is that experiences create lasting memories and foster social connections, contributing to longer-term happiness and personal growth. For example, you're more likely to frequently and fondly recall a camping trip experience as a child than a toy, both of which brought happiness.

While possessions seem to lose novelty over time, experiences stick around and become part of our identity, and the stories we tell about them add to our sense of fulfillment. Try embracing new experiences this year and reflect on whether they truly enhance your happiness. If the discovery turns true, create a new habit that will enrich your life. Learn more: https://integrative-med.org/investing-in-experiences-over-possessions-boosts-happiness/

Loneliness at Work

Employee loneliness is a growing problem in the workplace. It doesn't mean being physically or remotely isolated or stuck in a back office. Workplace loneliness refers to feeling disconnected and emotionally detached from coworkers despite being surrounded by people all day. Suppose you feel like you are simply "going through the motions" at work, lacking meaningful social connections, and experiencing a diminished desire to engage or collaborate on projects. In that case, this sense of feeling invisible or undervalued can harm productivity and mental health. Loneliness can happen when social connections don't meet our personal needs, even in busy office settings. This often includes feeling like you can't be your true self, making it seem like no one knows who you are.

A recent survey found one in five employees feels lonely on a typical workday. Try this engagement fix: Be deliberate about building relationships with coworkers rather than leaving it all up to chance. Initiate conversations and show genuine interest in others' experiences. Look for common interests to discuss. Invite a colleague for coffee or lunch. Small efforts to connect with others can make your workplace feel more supportive and reduce feelings of loneliness. Try talking to your Employee Assistance Program (EAP) for advice on feeling more connected at work. Remember, these feelings can sometimes be linked to depression, and your EAP can help figure out whether that's a factor in your workplace loneliness. Learn more: ridleyconsultants.com/loneliness-at-work/

Can Counselling Help You Thrive in the New Year?

Happy New Year! With the new year ahead, you may have goals and resolutions that you want to accomplish or change for this year. In the face of change, many of us can stay stuck or stagnant when we strive for something different. Not because we don't have good intentions or motivations, but because old habits can be hard to break, and sometimes we don't have the tools or knowledge to support ourselves through periods of transition. Research shows that only 9% of people are successful in keeping up with their New Year's resolution, while 43% of people are most likely to give up by the month of February.

Whatever your 2025 goals may be, it's worthwhile to consider counselling as a source of guidance and support for your goals. FSEAP's confidential counselling services pair you with a suitable counsellor based on your individual personality and needs to help address issues such as mental health struggles, trauma, relationship challenges or concerns, substance use and addictions, grief and loss, life transitions, and more. Seeking out help from a professional can be a great source of encouragement and proactivity to find clarity and expedite your goals. Reach out to your EAP provider to learn more.

Important notice: Information in FSEAP Solutions is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. Contact FSEAP for further help, questions, or referral to community resources for specific problems or personal concerns.