



Autumn 2025 Newsletter



Climate change anxiety is a growing concern characterized by persistent worry and distress about the impacts of climate change. It is a natural emotional response to the realities of a changing climate. This anxiety can manifest in various ways, including physical symptoms, changes in mood, and even affecting daily life activities.

Often in the autumn months, self-care is promoted as sipping pumpkin lattes, lounging by an apple-scented candle, and shopping for cozy knit sweaters. Let's be honest. Most of us have participated in those (often expensive) activities and, while lovely, we could challenge ourselves to switch it up this season. Instead, consider trying out some eco-friendly laundry strips, installing a clothesline or sturdy drying rack, or making your recycling area tidier and more accessible. Taking small, measurable actions that align with your values can help to address anxious symptoms.

While the colors of the leaves are breathtaking, there is nothing more calming than watching sheets float in the crisp autumn air and knowing are making positive strides toward doing your part.



"Autumn, the season that teaches us that change can be beautiful."

- Heather Stillufsen

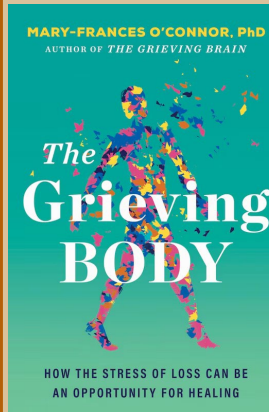


EAP's Fall Wellness Picks:



Inspiring Read:

*also available as an audiobook



Coping with death and grief is one of the most painful human experiences. While we can speak to the psychological and emotional ramifications of loss and sorrow, we often overlook its impact on our physical bodies. Dr. Mary-Frances O'Connor specializes in the study of grief, and in *The Grieving Body* she shares vital scientific research, revealing imperative new insights on its profound physiological impact. As she did in *The Grieving Brain*, O'Connor combines illuminating studies and personal stories to explore the toll loss takes on our cardiovascular, endocrine, and immune systems and the larger implications for our long-term well-being.

Podcast:



Episode 56: Climate Change & Mental Health
A conversation with climate psychologist and author Leslie Davenport about eco-anxiety, eco-grief, and mental health strategies for coping with climate change.



Tips to Avoid Doomscrolling:

- Use your device to watch something funny or inspiring.
- Limit your scroll time to 15 minutes.
- Be mindful of how you feel after exposure to certain outlets. Do you feel lighter or weighed down? Seek out online positivity.
- Turn off push notifications. This can help you stay in control of non-stop distractions that may be harmful to your wellbeing.
- Train yourself to pick up a fantastic book and read a couple pages instead of grabbing your phone to scroll.
- The later at night that we scroll, the more distressing things can feel. If possible, leave your phone in a separate room from where you sleep.
- Enjoy screen-free time. Listen to music, draw, paint, meditate, harvest your garden, or take a bubble-bath. Do the things that feed your unique soul.



Cultural Spotlight: Ghana

In the Volta Region of Ghana, the Festival of Yams (also known as Asogli Te Za) takes place every last day of September. This festival holds deep religious and economic meaning for the Ghanaian people. A good yam harvest means a prosperous year. The festival's religious overtones include thanking the ancestors and gods for a fruitful harvest.



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