



We're finally seeing the days get longer and the first signs of spring peek through. But while the season is shifting, our schedules often stay stuck in the same heavy winter grind. Between the commute, the 9-to-5, and the "second shift" of chores, many of us are left with less than an hour a day for true, meaningful connection. Research suggests we need about five hours of dedicated time a week for our closest relationships to thrive. If we aren't careful, we end up giving our loved ones only the "leftovers" of our energy.

This spring, let's focus on **Intention**. Just as we clear out the clutter of winter, we can protect our connections with these 3 simple rituals from Dr. Ili Rivera Walter:

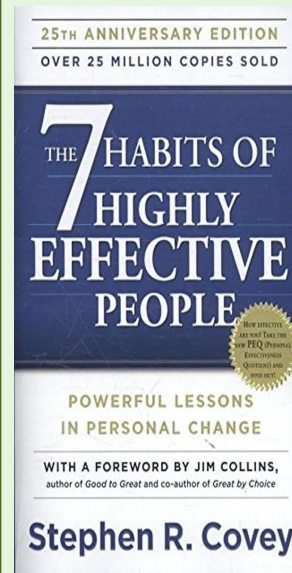
- 1) **The Transition:** Make your loved ones the first people you acknowledge in the morning and when you return home. A quick hug or a hand on a shoulder signals safety to the nervous system in a way that an hour of shared screen time never can.
- 2) **The "Bridge":** Create a ritual to shift from "work-mode" to "home-mode." As you hang up your coat, intentionally "drop" your work burdens at the door so you can be fully present for the evening ahead.
- 3) **The Appreciation:** Express one specific point of gratitude every day. Acknowledging someone's effort or character creates the emotional warmth we all need to recharge.



These small beats of connection help us reclaim those essential hours, ensuring our relationships bloom right along with the season.

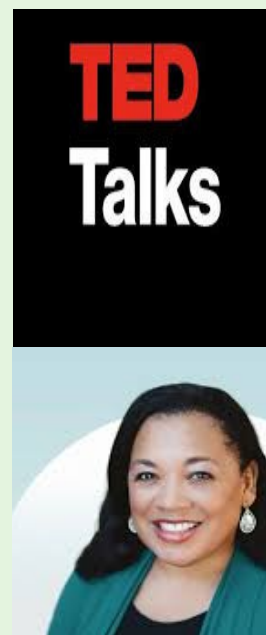
EAP's Classic Wellness Picks:

Inspiring Read:



While many self-help trends flicker and fade, **The 7 Habits of Highly Effective People** remains a foundational classic because it focuses on timeless principles rather than quick fixes. Even in a fast-paced digital age, its emphasis on character over image provides a steady compass for navigating modern complexity.

Video:



In her TED Talk titled **The real reason why we are tired and what to do about it**, Dr. Sandra Dalton-Smith reveals the real reason why we are chronically tired despite getting the requisite amount of sleep and the 6 other types of rest available to us in this fast-paced and informative talk. She is passionate about helping others live their best life, especially the stressed-out and burned-out.

Dr. Sandra Daulton-Smith recommends this graphic as a powerful visual to help you get more specific about what your system might actually need right now.

7 Types of Rest

To Avoid Burnout & Perform At Your Best

Physical Rest

Signs you need it:

- Lack of physical energy
- Get sick often
- Have pain and soreness



How to get it:

- *Passive:* Have a sleep routine, get 7+ hours each night, nap when needed
- *Active:* Breathing, massage, yoga

Mental Rest

Signs you need it:

- Lack of mental energy
- Feel a mental fog
- Snap or get irritated easily



How to get it:

- Block times for deep work without distractions
- Listen to music
- Meditate

Emotional Rest

Signs you need it:

- Excessive worrying or anxiety
- Self doubt, insecurity
- Overwhelmed by other people's drama

How to get it:

- Avoid comparing yourself to others
- Therapy
- Remove emotional drains, like toxic relationships



Spiritual Rest



Signs you need it:

- Lack motivation
- Feel helpless, hopeless, or trapped
- Decreased satisfaction

How to get it:

- Practice gratitude daily
- Volunteer or seek out purpose-driven tasks
- Practice your religion

Social Rest

Signs you need it:

- Feel alone
- Are detached from family and friends
- Feel drained by the people you're with

How to get it:

- 1:1 time with someone who fills you up
- Space from anyone who drains you
- Join a group or club of like-minded people



Sensory Rest

Signs you need it:

- Feel eye fatigue or strain
- Sensitive to loud sounds
- Can't smell or taste as well



How to get it:

- Take time away from all devices
- Change whatever bothers you: dim the lights, lower the music
- Briefly close your eyes

Creative Rest

Signs you need it:

- No free time in your day
- Struggle brainstorming
- Can't see the awe in nature



How to get it:

- Take big (vacations) and small (30 minutes) breaks
- Spend carefree time outside
- Read, dance, go to shows



Spring Cultural Spotlight: Shunbun no Hi | Japan

Celebrating Shunbun no Hi (aka Vernal Equinox Day) is a joyful time of renewal as Japan welcomes the vibrant arrival of Spring! This cherished national holiday (celebrated this year on March 20th) focuses on family, nature, and honoring the change of seasons.

- ❖ **Family Reunions:** Many return to their hometowns to bond with loved ones and celebrate the end of winter.
- ❖ **Honoring Traditions:** Families visit ancestral sites to offer fresh flowers and tidy gravestones, reflecting on their heritage with gratitude.
- ❖ **Sweet Treats:** Everyone enjoys Botamochi, a delicious seasonal treat made of sweet sticky rice and red bean paste.
- ❖ **Agricultural Blessings:** Farmers embrace the day to pray for a bountiful harvest and good fortune for the new growing season.
- ❖ **Nature in Bloom:** It is the perfect moment to step outside, appreciate the blossoming flowers, and breathe in the fresh spring air.



Employee Assistance Program

Tel: 902-368-5738

Email: eap@gov.pe.ca

Website: <https://psc.gpei.ca/employee-assistance-program>