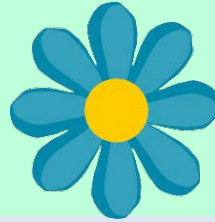




The Connection Edition



This summer's EAP newsletter is dedicated to Mental Health Week, which was May 4–10, by focusing on reducing loneliness and disconnection. Loneliness is a significant contributor to mental health challenges, increasing the risk of mood disorders such as anxiety and depression. But its effects aren't just psychological. Over time, loneliness can also affect physical health, with links to conditions such as dementia, cardiovascular disease (including heart attack and stroke), and diabetes.

According to Statistics Canada, 13% of Canadians aged 15 and older report feeling lonely often or always.

The remedy for loneliness? **Connection.**

Connection can take many forms, big and small. It might look like a weekend coffee with a friend, a “no screens” day with your family, or simply checking in with a coworker you haven't spoken to in a while. The chat about the weather with the cashier, the friendly wave to a neighbour...it all counts. Feeling connected happens in those small, everyday moments that are easy to overlook.

One contributor to disconnection may come as a surprise: technology. While it allows us to stay in touch and easily share information, it can also pull our attention away from the people who matter most. We are more “connected” than ever—but often less engaged in meaningful, especially face-to-face, interactions.

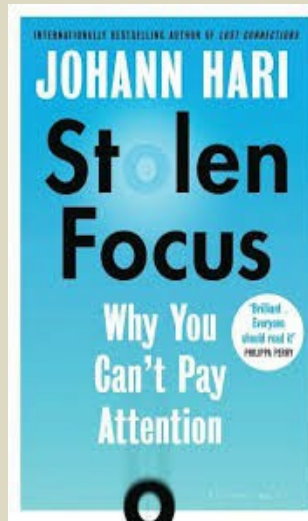
“Connection is the energy that exists between people when they feel seen, heard, and valued”

— Brené Brown



EAP's Summer Wellness Picks:

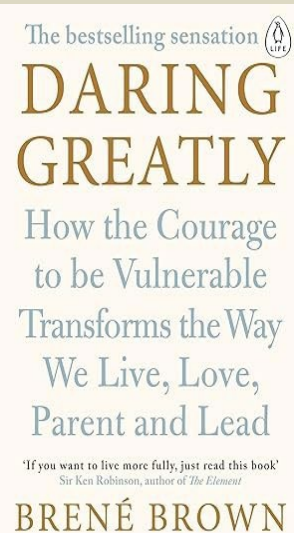
Audiobook:



Johann Hari explores the links between mental health, loneliness, and the ways technology, especially social media, competes for our attention. If you're a parent looking for ways to help your kids spend less time on screens and more time engaging in real-life activities, check this out! He also has numerous Oprah approved podcasts available.



Great Read:



A powerful reminder that real connection comes from showing up as your authentic self: vulnerable, imperfect, and wholehearted. If perfectionism or fear of judgment holds you back from being fully seen, this book offers a path toward deeper, more meaningful relationships.



A personal story from EAP Clinician Jana Crawford:

Last summer I was walking back to my car after picking up groceries. Without really thinking about it, I gave a smile and a quick "how are ya?" to a man getting out of his car next to me.

He looked a little surprised, then smiled back and said, "I wasn't doing too good today, but your friendly hi made me feel better."

It stuck with me. You never know how much a small moment of connection can mean to someone.

Try this:

Give a little connection this week. A powerful way to feel more connected is to offer it to someone else. What's one small step you can take in that direction? Reach out to a friend, check in with a new coworker on the team, or take a moment to truly listen. Small acts of support don't just benefit others—they strengthen your own sense of purpose, well-being, and belonging.



Celebrate National Indigenous History Month

June marks National Indigenous History Month, a time to recognize and celebrate the rich cultures, traditions, and contributions of First Nations, Inuit, and Métis peoples across Canada. Within this month, June 21st is National Indigenous Peoples Day, a specific day coinciding with the summer solstice, a special day to honor the unique heritage and cultures of Indigenous groups and a time of deep spiritual and cultural significance. It also offers an opportunity to reflect on Indigenous histories and the strength and resilience of communities past and present. Across the country—and here in PEI—this month is filled with engaging and meaningful activities. Many communities host cultural celebrations, traditional music and dance performances, storytelling events, art exhibits, and community feasts. You may also find opportunities to explore craft workshops, nature walks, and teachings about Indigenous knowledge and connection to the land. Whether you participate in a local event, learn from Indigenous-led resources, or simply take time to reflect, National Indigenous History Month invites us all to celebrate, learn, and connect.

You Matter

[You Matter](#) is a PEI mental health campaign that encourages people to check in—with themselves and each other—and reach out for support when needed. It offers helpful tools, resources, and local connections to promote well-being and remind us that no one has to go through challenges alone.

Employee Assistance Program

Tel: 902-368-5738

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

Email: eap@gov.pe.ca