



# Autumn 2023 Newsletter



## Your Best Fall Yet: Simplified!

- Create a fall meal plan. Pick easy, yummy meals that your family enjoys and make the same food on a bi-weekly rotation. Having suppers planned in advance can make the world of difference in your evening routine. Bonus tip: Make double, freeze the extras, and set yourself up for no cooking for the next rotation.
- Simplify your social media. Only consume what is healthy and useful to you. Instead of playing a game on your phone or computer, pull out a board game or a deck of cards and spend some quality time with a loved one.
- Get out a timer when completing your home tasks. Take note of how many minutes it actually takes to do a certain task, for example, clean the bathroom, put away a load of laundry, or wash the dishes. Next time things feel overwhelming take out your timer, remember the bathroom is a 15 minute task and give yourself that time to complete the task. When you have the evidence of how long something actually takes, it's easier to fit it in when you are busy or overwhelmed.

*“There is something so special in the early leaves drifting from the trees — as if we are all to be allowed a chance to peel, refresh, to start again.” - Ruth Ahmed*



### EAP's Resource Picks:

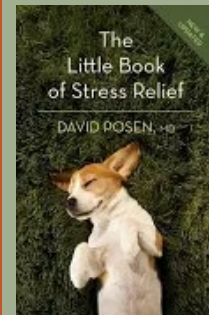
#### Podcast:

The Lazy Genius Podcast  
#278 – How to Manage Your Time  
This Fall

<https://www.thelazygeniuscollective.com/lazy/falltime>

#### Quick Read:

The Little Book of Stress Relief by  
David Posen, MD



#### App:

The Happy Habit





*Spin the wheel of Self Care this fall! Challenge yourself to pick something from each category and give it a try.*



*Click here for an easy pumpkin spice latte recipe!*



*As we see the children settled back into school with their new and fresh routines, think about making one for yourself. Did your workspace get cluttered during the excitement of summer holidays? Take some time to re-organize and refresh your surroundings. Give yourself the gift of healthy snacks in your desk as a reward for revitalizing your workspace.*

**Employee Assistance Program**  
**Tel: 902.369.5738 Toll-free: 1.800.239.3826**  
**Website: [gov.pe.ca/psc/eap](http://gov.pe.ca/psc/eap)**  
**Email: [eap@gov.pe.ca](mailto:eap@gov.pe.ca)**