



# Summer 2024 Newsletter



## Sailing into Summer

Summer is a time to truly relax and enjoy all that the season has to offer. Sometimes anxiety and stress prevent us from fully realizing all the happiness that the summer months bring. Have you ever tried the Emotional Freedom Technique (also known as Tapping)? This is a safe and effective stress-reducing tool that you can try out.

### Here's how:

- 1.) Create a statement that describes your issue, followed by a statement of self-acceptance. For example, you could say, "Even though I feel anxious about work tomorrow, I deeply and completely accept myself." Or you could say, "Even though my partner and I are having an argument, I deeply and completely love myself."
- 2.) Use your fingertips and tap repeatedly on the edge of your palm, below your little finger.
- 3.) While you tap, say your chosen statement out loud 3 times.
- 4.) Next, tap on the rest of the points on your body, one at a time:
  - Tap on the top, center of your head.
  - Tap on the inside edge of one eyebrow.
  - Tap next to the outside edge of one eye.
  - Tap on the bone underneath one eye.
  - Tap between your nose and your upper lip.
  - Tap between your lower lip and your chin.
  - Tap beneath one collarbone.
  - Tap under one armpit - about 10 cms below the armpit.
- 5.) Stop and remeasure how you feel about your issue.
- 6.) Repeat the steps as needed.

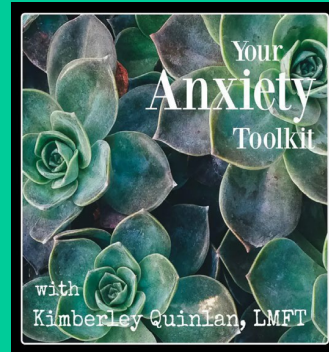
"You can't stop the waves, but you can learn to surf."

- Jon Kabat-Zinn



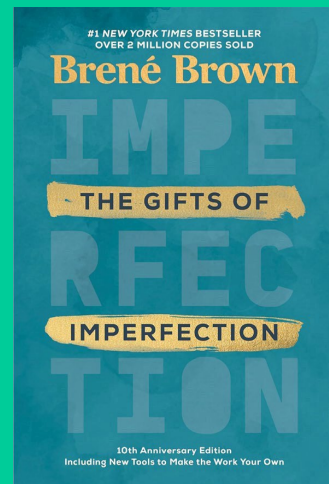
## EAP's Summer Wellness Picks:

Podcast: (@ <https://pod.link/1098792502/episode/1a04f03c26a854afaadfc85fd6c2756c>)



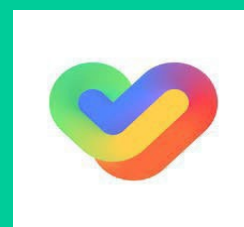
Episode 376 of this podcast is particularly notable as it highlights 20 phrases you can use for better self-talk when feeling anxiety.

### Great Read:



A guide to embracing imperfections and living wholeheartedly. It helps readers cultivate courage, compassion, and connection by letting go of the need for perfection.

### App:



The How We Feel App was created to help people better understand their emotions and find strategies to help them navigate their emotions in the moment.

## Summer Activity Ideas:

- *Learn to shuck oysters.*
- *Go seaglass hunting on a beach that you have never been to.*
- *Take a course from a local artisan (pottery, guitar, jewelry making)*
- *Watch an outdoor sport – bonus points if you participate too!*
- *Support local and try some PEI fine dining on a patio with friends.*
- *Go berry picking. Keep some for yourself and surprise a loved one with a box or two.*



Why not try out a weekly bucket list this summer? Is there an activity or experience that turns your whole week around every time you do it? It's the thing that makes you say, "I wish I could do that every week." Most people know what this item is and yet only manage to squeeze it in every once in a while. Common examples are a workout or sport, play time with your children, a massage, dinner with a friend, painting, playing music, or meditation. Often, these items contribute to larger personal goals, such as physical fitness, healthy relationships, or artistic endeavors.



**Employee Assistance Program**  
**Tel: 902-368-5738**  
**Website: [psc.gpei.ca/employee-assistance-program](http://psc.gpei.ca/employee-assistance-program)**  
**Email: [eap@gov.pe.ca](mailto:eap@gov.pe.ca)**



## Cultural Spotlight: Summer in Spain

The "Tomatina" festival is held on the last Wednesday in August in the town of Buñol. This unusual fiesta brings together crowds of people every year. It is a great time of laughter and fun, hurling tomatoes at each other.

[Click here for the recipe for an amazing raspberry cream cheese pie](#)

