

KINDNESS AND CONNECTION: STRENGTHENING WELL-BEING

Curated by: WA State EAP February 2025



PRACTICE SELF-COMPASSION

Treat yourself with the kindness you'd offer a friend. Pause and acknowledge difficult emotions without judgment.

Use affirmations: 'I am doing the best I can right now.'

Set boundaries or take breaks when needed.

ENGAGING IN SUPPORTIVE CONVERSATIONS

Why mental health conversations matter:

- Reduce stigma and foster connection.

Conversation Starters:

- 'How are you feeling today?'
- 'I'm here to support you.'

Do's and Don'ts:

- Do: Listen actively, validate feelings, offer resources.
- Don't: Dismiss feelings, give unsolicited advice.

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SMALL ACTS OF KINDNESS FOR BIG IMPACT

- Ideas for Everyday Kindness:
 - Pay for someone's coffee or meal.
 - Compliment a coworker's efforts or achievements.
 - Write a note of gratitude to someone who has positively impacted your life.

RING MENTAL HEALTH EQUITY

- Focus for Black History Month:
 - Learn about and amplify the voices of Black mental health advocates like Dr. Joy DeGruy or Taraji P. Henson.
 - Support organizations like the Black Mental Health Alliance or Therapy for Black Girls.
 - Advocate for systemic changes that promote mental health access and equity.

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MINDFULNESS PRACTICES FOR CONNECTION

- Quick Practices:
- Box Breathing: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat.
- Gratitude Journaling: Write three things you're grateful for each day.
 - Mindful Walks: Notice the sights, sounds, and sensations around you as you move.

ADDITIONAL RESOURCES

- "The Ripple Effect of Kindness: Why Small Acts Matter": This article discusses how small acts of kindness can have a significant impact, creating a ripple effect that extends beyond the initial act.
- "How Self-Compassion Boosts Resilience": This piece explores the role of self-compassion in enhancing one's resilience, providing insights into how being kind to oneself can lead to better coping mechanisms and overall well-being.



WASHINGTON STATE

Help Starts Here.

Washington State Employee Assistance Program

EAP is Here for You

The Washington State Employee Assistance Program (EAP) is a free, confidential program created to promote the health, safety and well-being of public employees. More than 90,000 public employees have access to EAP services to help them address work and life concerns. When you're ready to get help, we're here for you.

Personalized Solutions

Financial worries. Aging parents. Job stress. Health issues. **Everyone faces challenges from time to time** — but you don't have to face them alone. This includes issues like:

- Workplace concerns
- Stress management
- Grief and loss
- Mental wellness
- Interpersonal conflicts
- Anxiety, depression, or trauma
- Addiction and recovery
- Parenting or eldercare support
- Legal or financial issues

How It Works

EAP is easy to access. Contact us and we'll match you with a local professional counselor in-person or by phone. You'll receive **FREE confidential support**, guidance on a plan of action, and helpful resources. EAP support is short-term and solution-focused.

Your benefit includes up to three sessions, and **covers all household adults**. And, you can use EAP again in the future if new problems arise.

Private and Confidential

Your participation in EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations. To learn more about how we protect your privacy and the limited exceptions to confidentiality, call us or visit our website.

I think my teen has a drinking problem.

I'm not getting along with my coworker and I've tried everything.

I'm really stressed out about money right now!

I don't want to be a burden on my daughter.

Why do I feel so angry all the time?

EAP offers free, confidential resources to help solve life's problems — no matter how big or small.

DES

Washington State
DEPARTMENT OF
ENTERPRISE SERVICES

Get in Touch

We've got the resources to support you around the clock, on weekdays or weekends, year-round.

eap.wa.gov | 877.313.4455