Solutions

July 2026

fseap Now we're talking.

Celebrate YOU on International Self-Care Day

International Self-Care Day is celebrated annually on July 24, with the date (7/24) serving as a reminder that your mental and physical well-being matter 24 hours a day, 7 days a week.

Self-care looks different for everyone. It can include being active, prioritizing sleep, or connecting with others. It's important to identify your own needs and preferences and recognize what supports your overall well-being, including your social wellness and healthy boundaries.

What does self-care look like for you? Here are some ideas to explore:

- Find a hobby or artistic outlet that brings you joy
- Reach out to friends or family you may have lost touch with
- Bring movement and mindfulness into your week with an activity or meditation
- Volunteer in your community to meet people with shared interests
- Try a class or join a group to try something new and expand your connections

Give yourself the care and attention you need to grow. If you are looking for additional support along the way, our counselling and life coaching services are available to help you identify and set goals.

Finding Ways to Connect in Your Busy Day

Surprisingly, making deeper connections with loved ones is often less about finding more hours in the day and more about making the most of the minutes you already have.

Strong relationships are built through small, consistent moments of connection woven into busy days. A 10-minute conversation over coffee, a short walk with a spouse, a thoughtful text, or completing a chore together can strengthen your bond and help you feel more connected.

The key is being intentional—looking for opportunities and making them happen. When you pay attention to the naturally occurring moments where your paths cross, you'll find plenty of chances to connect.

Over time, these small, everyday interactions add up, making meaningful relationships easier to maintain without waiting for the perfect occasion.

Budget-Friendly Vacations

Taking a break is one of the best ways to support your health and well-being, and it doesn't have to involve a big trip or big budget. Staycations remain popular, not just for the savings, but also because they eliminate the stress of extensive planning, airport delays, and other travel hassles. Choosing local can mean seeking out hidden gems in your town or planning micro-trips to a nearby city to check out parks, museums, and nature trails.

Longer trips can involve camping, house swapping, or sharing a vacation rental with friends or family to make a getaway more affordable. You can cut down on other costs by using public transportation, cooking your own meals, picking up food from markets or bakeries, and opting for a late lunch to avoid dinner menu prices.

Whether you stay close to home or head farther afield, tourism websites and other online resources can help you find cheap or free hidden wonders almost anywhere! If your schedule allows, consider pushing that trip back to the shoulder season when accommodations, attractions, and transportation are often less expensive.

Taking a well-deserved break starts with peace of mind. If you'd like help creating a budget, setting savings goals, or managing your finances, FSEAP's confidential Financial Coaching and Credit Counselling service is here to help.

Did You Know? Legal Consultation Services Are Available Through Your EAP

Legal questions can arise at any stage of life. Whether you're planning for the future, navigating a family matter, reviewing a housing issue, or dealing with a consumer concern, understanding your options can help you make informed decisions.

Your Employee Assistance Program (EAP) includes access to confidential legal consultation services designed to provide information and guidance on a variety of personal legal matters. A legal professional can help clarify legal processes, explain relevant considerations, and point you toward appropriate resources. Common topics may include family law, wills and estate planning, landlord-tenant matters, consumer issues, and other personal legal concerns. Accessing legal information early can often help prevent misunderstandings and reduce stress when challenges arise.

As an impartial resource, the EAP supports employees and their eligible family members with personal legal concerns and cannot provide advice regarding legal matters involving the employer that pays for the EAP benefit. To learn more about legal consultation services available through your EAP, reach out for support. We are here to help.

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