Solutions

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fseap Now we're talking.

Meal Planning for the Fall Reset

Fall brings busy schedules, new routines, and the return to work and school. With so much going on, healthy eating can easily take a back seat. Try these five simple tips to get back on track:

1. Focus on variety. Aim to "eat the rainbow". Include a variety of foods rather than striving for perfection. Offering different foods without a "good" or "bad" label also helps children build a healthy relationship with eating.

2. Schedule grocery shopping. Set aside dedicated time each week for shopping and make it non-negotiable. Write a list and stick to it. Consistency makes healthy choices easier.

3. Prep produce right away. Wash, chop, and store fruits and vegetables in clear containers after shopping so they're ready for snacks and meals.

4. Prep ingredients, not full meals. Cook staples like rice, eggs, and chicken ahead of time. Mixing and matching ingredients during the week is quicker and more flexible than full meal prep.

5. Be kind to yourself. Healthy habits don't have to be perfect. Start where you are, make small changes, and remember that routines evolve with life's seasons.

For personalized nutrition advice and support with healthy eating, connect with a Registered Dietitian through your EAP program.

Start Your Counselling Journey

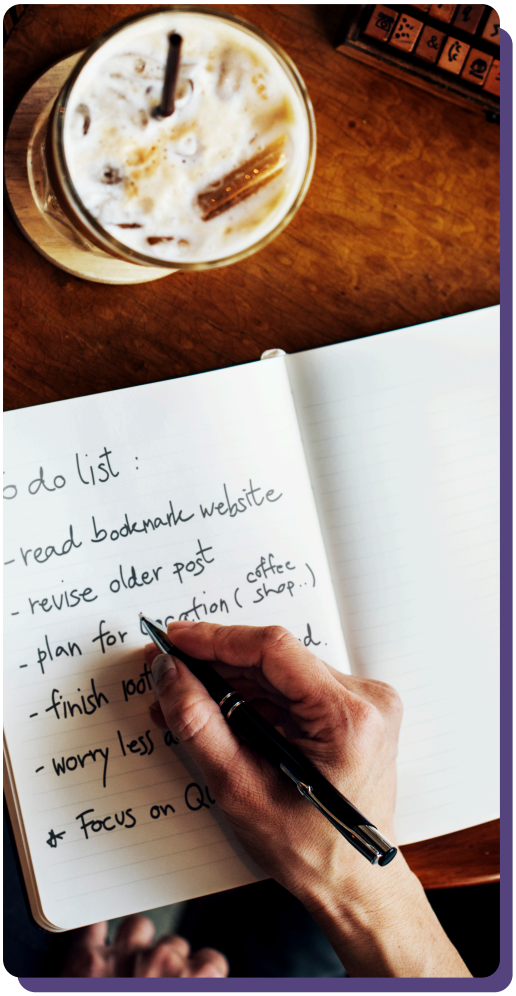
Walking into your first counselling appointment can feel overwhelming because it is something new. Your first session is an opportunity to get to know your counsellor, share what brought you in, and explore what you hope to gain from counselling.

You set the pace, and you decide what you'd like to talk about. Your counsellor will listen without judgment, ask thoughtful questions, and work with you to identify goals, build on your strengths, and develop strategies that fit your life.

Many people leave their first appointment feeling lighter, more hopeful, and relieved to have spoken openly with someone who truly listens. While taking that first step may feel a little intimidating, it can also be the beginning of meaningful, positive change.

Reducing "Mental Noise"

Mental noise is the constant, low-level clutter of deadlines, unfinished conversations, worries, decisions, and endless to-do lists competing for your attention. As those lists grow, your energy, focus, and patience often begin to shrink. If your mental load stays high, your brain has fewer resources available for problem-solving, creativity, memory, concentration, and emotional regulation. Everyday tasks can start to feel far more overwhelming than they really are.



To quiet the mental noise, try a few of these strategies to reduce the number of responsibilities you're carrying in your head:

- **Do a brain dump.** Write down every task, reminder, and worry to free your mind from trying to remember it all.
- **Take short mental reset breaks.** Set a timer to pause for one or two minutes and take a few slow breaths or stretch.
- **Reduce multitasking.** Giving one task your full attention is often more productive and less mentally exhausting than constantly switching between tasks.
- **Protect your downtime.** Make space for activities that genuinely recharge you and give your mind a break from endless to-do lists, whether that's walking, reading, exercising, or spending time with people who leave you feeling energized.

Even small changes can reduce mental noise, improve focus, and leave you feeling calmer and more in control.

Helping Youth Explore Their Future: Career Coaching Through Your EAP

As summer winds down and families settle back into school routines, August is a great time to start thinking about future planning. Whether your teen is in high school, preparing for graduation, or considering life after secondary school, they can access professional guidance to help navigate important decisions about their goals after they graduate.

Your Employee Assistance Program (EAP) offers career coaching services that can help eligible youth explore their interests, strengths, values, and potential career paths. Through personalized guidance, they can gain clarity about post-secondary education, skilled trades, apprenticeships, college, university, or other career opportunities that align with their goals.

Career coaching can also help with identifying educational requirements, understanding different occupations, and building confidence in making informed decisions about the future.

A new school year often brings fresh opportunities to reflect, set goals, and plan ahead. Encouraging your child or teen to take advantage of EAP career coaching can help them feel more prepared and confident as they explore the many possibilities that lie ahead.

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