



PEAPSL
CONSULTANCY
LIMITED

EMPLOYEE'S *Check-In-Line*

658-1291 / 235-5327
PEAPSL Consultancy
PEAPSL Consultancy
peapsl.com

EMPLOYEE'S MONTHLY ISSUE | **SEPTEMBER 2026**

YOU DON'T HAVE TO CARRY IT ALONE

The Power of Reaching Out

Everyone experiences difficult days. Work pressures, personal responsibilities, financial concerns, relationship challenges, or unexpected life events can sometimes feel overwhelming. During these moments, it is easy to believe that you need to handle everything on your own.

The truth is that asking for support is a sign of strength, not weakness. Whether you speak to a trusted friend, family member, supervisor, counsellor, or use your EAP, reaching out can make a significant difference.

"Sometimes the bravest thing you can do is ask for help."

COMMON SIGNS YOU MAY NEED EXTRA SUPPORT

You may benefit from speaking with someone if you notice:

- ▶▶ Feeling overwhelmed most days
- ▶▶ Difficulty concentrating or making decisions
- ▶▶ Changes in sleep or appetite
- ▶▶ Loss of motivation or enjoyment
- ▶▶ Feeling isolated or withdrawing from others
- ▶▶ Increased irritability or emotional reactions
- ▶▶ Feeling hopeless or emotionally exhausted

Remember, these experiences are common and support is available.

TIPS FOR TAKING CARE OF YOUR MENTAL WELL-BEING

1. Check In With Yourself

Pause throughout the day and ask yourself: ***"How am I really feeling today?"***

2. Stay Connected

Reach out to a colleague, friend, or loved one—even if it's just for a brief conversation.

3. Practice Self-Compassion

Give yourself permission to rest, make mistakes, and seek help when needed.

4. Set Healthy Boundaries

Protect your personal time by disconnecting from work when your workday ends.

5. Use Available Support

Your EAP offers confidential professional support whenever you need it.



WHY CONNECTION MATTERS

Strong social connections help us:

- Reduce stress
- Improve emotional well-being
- Build resilience during difficult times
- Gain new perspectives
- Feel supported and understood

WELLNESS CORNER

Small acts of kindness—toward yourself and others—can positively impact mental well-being. Smiling, expressing gratitude, listening without judgment, or checking in with someone may seem simple, but these actions help create a culture of care both inside and outside the workplace.



SCAN TO BOOK
APPOINTMENT