EAP Newsletter - March 2025

It's not easy making decisions, especially when those decisions impact your personal life and the lives of those you interact with on a daily basis. That kind of responsibility can often cause you to avoid the issue and postpone making any decision at all. When this happens,

Every so often a deep cleaning may be warranted and can improve not only your physical living space, but your mental space as well. A cluttered, messy physical space can contribute to anxiety, stress, and an overall feeling of disarray. Here are some tips to help you through the process of cleaning your environment for a clear head.

Items you don't use contribute to clutter and collect dust, but they could be useful to someone else. If you no longer need or use something, it's time to pass it on. Drop off the items in the box to a local charity or thrift store once a month or whenever a box gets full. Decluttering your physical space not only makes it easier to keep the space clean, but you'll also notice the positive impact the process can have on your mental st(b)0.(%(b)0.20).(%(b)0.2