



Healthy Mind Toolkit



WASHINGTON STATE
UNIVERSITY

May

Visit your home page starting
May 21st:

TOLL-FREE:
877-313-4455

WEBSITE:
eap.wa.gov/worklife

ORG CODE (to log on):
WSU

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**
Just call or log on to get started.

ONLINE SEMINAR

Having a healthy lifestyle leads the way to more energy, better productivity, and being empowered to do more- and do it better. Scheduling time to improve your wellbeing with small and simple steps can have a large positive impact on your life.

This session will help participants learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in their “healthy mind toolkit.”

The Washington State Employee Assistance Program can work with you to collaboratively create goals, discuss wellbeing strategies that fit your life, and more.