



CONNECT WITH EASE

Employee Assistance Service for Education

Highlights:

- Embracing the End of the Academic Year
- Upcoming Workshop: Calm for Families
- PRIDE Month, LGBTQIA+ Resources
- Summer Family Fun Activities

EASE CAN HELP DURING DIFFICULT TIMES

Professional counselors are available. Call the EASE Hotline for 24/7 assistance.

Free confidential professional help for member district employees:

- Family difficulties.
- Emotional distress.
- Job stress.
- Depression & Anxiety.
- Substance use.
- Grief & Loss.
- Life transitions.

MESSAGE FROM EASE

Happy almost summer! The end of the school year is always a good time for reflection. As the academic year comes to a close, reflect on the year that was, think about what you learned, note how you grew and changed — and consider what it all means for next year. You might consider using a journal as a private space to focus on your reflections. Here are some prompts that might help you:

- What do you want to remember about this school year? Why?***
- What do you want to forget about this school year? Why?***
- What surprised you?***
- What challenged you?***
- What successes are you most proud of?***
- What did you learn, whether in or out of school?***
- How have you grown personally and professionally?***

After reflecting on the questions above, you can use the "Add/Drop" exercise to deepen your reflections. Use a blank piece of paper and fold it in half, with one side being for "Add" and the other for "Drop". Ask yourself the following questions, and write down or draw your reflections:

- What do I want more of in my life? What do I want to add?***
- What do I want less of in my life? What would I like to drop?***

It is important to create a process for engaging in community with others and you may consider sharing your reflections with your circles.

In the month of June, we also celebrate Pride Month as a global celebration of diversity, individuality and acceptance. The Rainbow Flag has become a symbol of equality, inclusivity, pride and most importantly- progress. Pride month is a reminder that everyone has the right to be proud of who they are without the fear of being judged or mistreated- a *critical* component of personal wellbeing and mental health. We have provided resources in this newsletter to use and share.

As summer approaches, EASE would like to remind you that opening yourself to new experiences can be truly enlightening and enjoyable. Whenever you get an opportunity to have some fun, seize it! We have included some ideas for summer fun you may consider. Find ways to unwind and recharge! If you find yourself in a space where you need some additional support, EASE is open- just reach out!

EASE IS AVAILABLE

1-800-882-1341
EASE Office & 24/7 Hotline

EMBRACING THE END OF THE ACADEMIC YEAR AND BEGINNING OF SUMMER: A TIME FOR RESET AND WELLNESS

By: EASE STAFF

As the academic year comes to an end, it brings with it a time of transition and reflection. Students and educators can take this opportunity to pause, celebrate accomplishments, and prepare for the next chapter. With the arrival of summer, a world of possibilities opens up, providing a chance to reset, recover, and focus on personal wellness.

Summer is a season that beckons us to slow down and rejuvenate. It offers the perfect opportunity to take a break from the demands of academia and embark on new adventures. Whether it's planning a dream vacation or opting for a staycation closer to home, a change of scenery can do wonders for our well-being. Exploring new cultures, indulging in leisurely activities, or simply spending quality time with loved ones can provide a much-needed reset and help us recharge.



Moreover, the summer break presents an ideal time to prioritize our overall wellness. It's a chance to focus on self-care, both physically and mentally. Engaging in regular exercise, practicing mindfulness, and adopting healthy eating habits can contribute to our overall well-being. By setting aside time for activities that bring us joy and nourish our souls, we can enter the new academic year with renewed energy and a positive mindset.

In conclusion, end of the academic year and the onset of summer offer a valuable opportunity for transition, self-reflection, and personal growth. Whether through travel or staycations, this period allows us to reset, recover, and explore new passions. By prioritizing our wellness and taking time for self-care, we can emerge from the summer break feeling refreshed, rejuvenated, and ready to embrace the challenges and opportunities that lie ahead in the coming academic year. Enjoy the down time of summer!

CALM Workshop



Calm for Families Workshop for Employees in Education

Managing Expectations Mindfully:

In this session, participants will learn how values impact their families. We will identify how personal values affect expectations and learn practical tools to increase communication and family resilience.

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations.

Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.

Sign Up

JUNE 7, 2023

3:30PM- ONLINE

Session Duration: 45 minute workshop + interactive exercises

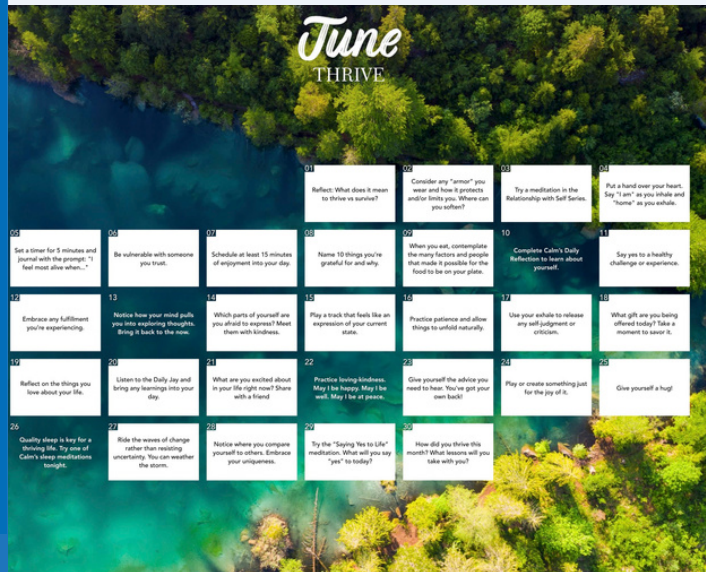
A recording will be made available for those unable to attend.



Enjoy this June Calendar of wellness activities

by CALM

(click on the calendar to download)



10 Ideas for Summer Family Fun

(Click on each to learn more)



1. [ROOFTOP CINEMA CLUB](#)
2. [AQUARIUM OF THE PACIFIC](#)
3. [LONG BEACH WATERBIKES](#)
4. [COLUMBIA MEMORIAL SPACE CENTER](#)
5. [GOLF N' STUFF](#)
6. [THE HUNTINGTON BOTANICAL GARDENS](#)
7. [WILL ROGERS STATE PARK HORSEBACK RIDING](#)
8. [BEACH BONFIRE AT DOCKWEILER STATE BEACH](#)
9. [HIKING IN GRIFFITH PARK](#)
10. [FISHING AT DON KNABE PARK](#)

Additional LGBTQIA+ Resources

- It Gets Better [CLICK HERE](#)
- P Flag [CLICK HERE](#)
- GLAAD [CLICK HERE](#)
- LA LGBT Center [CLICK HERE](#)
- Gender Unicorn [CLICK HERE](#)



CONGRATULATIONS TO ALL GRADS!

May you focus on the hard work that got you through, the love from your support systems, and the process of personal growth on your journey. Choose hope as a means of looking toward the future to foster resilience, emotional wellbeing, and happiness.



JUNE IS PRIDE MONTH

How To Be A Responsible Ally

1. **Educate yourself about LGBTQ+ history and issues:** Take the initiative to learn about the struggles, milestones, and achievements of the LGBTQ+ community. This knowledge will help you better understand their experiences and challenges.
2. **Respect pronouns and gender identities:** Use the correct pronouns that individuals prefer, and respect their chosen gender identities. This shows respect for their self-identified gender and helps create an inclusive and affirming environment.
3. **Speak up against homophobia and transphobia:** Challenge discriminatory language, attitudes, and behaviors when you witness them. By actively addressing and opposing homophobia and transphobia, you help create a safer and more accepting environment for LGBTQ+ individuals.
4. **Amplify LGBTQ+ voices and stories:** Use your platform and privilege to amplify the voices and stories of LGBTQ+ individuals. Share their achievements, struggles, and perspectives to raise awareness and increase their visibility.
5. **Support LGBTQ+ organizations and rights:** Donate your time, resources, or funds to LGBTQ+ organizations that work towards equality and support for the community. Stay informed about relevant policies and legislation, and advocate for LGBTQ+ rights to help create a more inclusive society.

Congratulations to EASE Graduates!

Congratulations to our (4) EASE MFT interns who graduated with their Masters in Counseling from California State Los Angeles. Our interns have worked with EASE for the last 2 years and we are excited for them to start their next steps in the career journey!



TALK TO US

EASE has counselors available.

(800) 882-1341

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