

REACHline

A Wellness newsletter from REACH Employee Assistance

Fall 2026

THE FALL RESET

Simple Ways to Rebuild Healthy Routines

A new season can be a useful reminder to check in with the routines that support your well-being. As schedules become busier and daylight hours change, small adjustments to your daily habits can help you feel more organized, rested, and prepared for the months ahead.

Healthy routines do not have to involve major lifestyle changes. Consistency with sleep, meals, movement, relaxation, and personal time can provide structure during demanding periods.



NIH recommends making sleep a priority, setting goals and priorities, incorporating relaxing activities, and taking care of physical health as part of caring for mental health.



In This Issue

- Digital Overload - Give your mind room to recharge
- Seasonal Wellness - Prepare for respiratory virus season
- Connection Matters - The importance of supportive relationships
- REACH Is Here to Help - Know when and how to reach out



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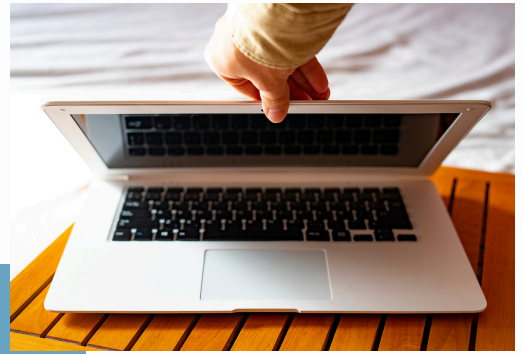
Mental Wellness

When Work Follows You Home

Creating a Healthier Transition Between Work and Personal Time

A **busy workday** does not always end when you leave the workplace or close your laptop. You may still find yourself thinking about unfinished tasks, checking messages, or planning tomorrow.

Creating a clear transition between work and personal time can make it easier to relax, recharge, and focus on life outside work.



Create Your OWN End-Of-Day Reset

Close the Loop

Write down unfinished tasks and tomorrow's priorities before ending your workday.

Take a Transition Break

A short walk, music, or a few quiet minutes can help signal that work is over.

Set Digital Boundaries

When possible, avoid repeatedly checking work email during personal time.



Make Room for Recovery

Rest, hobbies, family time, and quiet moments are important parts of well-being.

CHECK-IN QUESTION

Am I still mentally at work long after my workday has ended?

Wellness Insight

Healthy boundaries between work and personal time can support recovery and emotional well-being.

Digital Wellness

Give Your Brain A Break

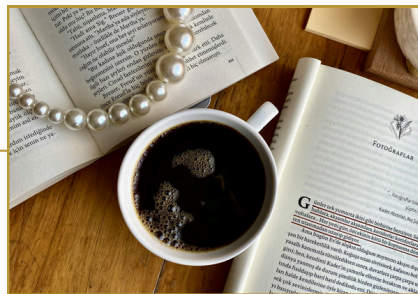
Creating Healthier Boundaries With Technology

Phones, computers, email, and social media make it easier to stay connected, but they can also make it harder to truly disconnect.

Creating intentional screen-free moments can give your mind time to focus on other activities that support well-being.



Healthy Digital Habits



Turn Off Nonessential Notifications

Not every alert needs your immediate attention.

Create Screen-Free Moments

Try meals, walks, conversations, or short breaks without your phone.

Separate Work & Personal Time

When possible, avoid making work email the last thing you check at night.

Protect Your Bedtime

Reducing screen exposure before bed may make it easier to wind down.

Wellness Insight

Technology should support your life, not occupy every quiet moment.

Healthy Living

Fall Into Prevention

Simple Habits for Respiratory Virus Season



Fall often brings more time indoors and the beginning of respiratory virus season. Everyday preventive habits can help reduce the spread of illness and support a healthier season.

EVERYDAY PREVENTION

Wash Your Hands

Regular handwashing is an important everyday prevention habit.

Improve Indoor Air

When possible, increase ventilation or spend time outdoors.

Stay Home When Sick

Give your body time to recover while helping protect others.

Stay Up to Date

Talk with your healthcare provider about vaccinations recommended for you.

Seasonal Reminder

Prevention is built through small everyday choices.



Social Wellness

Connection Matters

Supportive Relationships Are Part of Well-Being



Wellness isn't only about nutrition, exercise, or sleep. Supportive relationships with friends, family, coworkers, and community can also contribute to emotional well-being.

Making time to connect with others can be especially important when work and personal schedules become busy.

Small Ways To Stay Connected

Start a Conversation

Check in with a coworker instead of always communicating through email.

Reach Out

Call or message someone you haven't spoken with recently.

Make Time for People

Meaningful relationships often require intention.

Ask - and Listen

A simple "How are you doing?" can open the door to a meaningful conversation.

AT WORK

Try a simple check-in:

"How are you doing?"

"Do you need a hand?"

"Want to take a break?"

Wellness Insight

You don't need to wait until you're struggling to connect with someone.

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Resources & Support

REACH is here to help!

REACH is your employee assistance program and work/life service benefit. Because we all experience personal and work-related stressors at one time or another, your employer cares that you get the right type of assistance for these problems. That's why REACH is contracted by your employer as a pre-paid benefit for you and your immediate family.

REACH professional staff provides short-term counseling, assessment and referral services and will assist you toward problem resolution.



Wellness Information Sources

Content adapted from publicly available wellness resources, including:

- National Institute of Mental Health (NIMH)
Caring for Your Mental Health
- Centers for Disease Control and Prevention (CDC)
Respiratory Virus Prevention
- National Institute on Aging (NIH/NIA)
Loneliness and Social Isolation



All services are confidential by law and the REACH staff will only ask for information necessary to assist you with your concern.

You can contact REACH by calling our 800-273-5273 or emailing us at info@reachline.com

REACH can assist you with all kinds of personal and work-related concerns, such as:

- Relationships: Family, Marital, Child
- Addictions: Substance Abuse, Gambling, Sex, Smoking
- Emotional: Depression, Anxiety, Stress
- Workplace: Co-worker, Supervisor, Coaching
- Legal: Family, Personal Injury, Trust
- Financial: Credit and Planning
- Career: Planning, Guidance
- Elder Care: Caregiver Support, Retirement, Placement
- Parenting: Single, Step

