

REACHline

A Wellness newsletter from REACH Employee Assistance

Summer 2026

Workplace Wellness & Resilience

Supporting Healthier Employees and Stronger Organizations

Modern workplaces face increasing demands that affect employee health, emotional well-being, productivity, and overall work-life balance. REACH Employee Assistance is committed to helping organizations create healthier, more resilient workplace environments through wellness education, prevention strategies, and employee support resources.



In this quarterly edition of **REACHline**, we explore practical strategies for managing stress, improving sleep, supporting physical wellness, and promoting healthier workplace cultures.



In This Issue

- Soothing the Stress: Ways to Calm Your Mind
- Why Sleep Matters for Wellness & Productivity
- Nutrition & Physical Activity for Better Health
- Total Worker Health® & Workplace Wellness

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Mental Wellness

Soothing the Stress

Ways to Calm Your Mind and Improve Emotional Wellness

Stress is one of the most common challenges affecting employees today. Workplace responsibilities, personal obligations, financial concerns, and digital overload can all contribute to emotional exhaustion and burnout.



When stress becomes chronic, it can affect concentration, sleep quality, energy levels, productivity, and relationships. **Learning to recognize** stress early and developing healthy coping habits can improve both emotional and physical well-being.

Simple Strategies to Reduce Stress

Practice Deep Breathing

Taking slow, controlled breaths for just a few minutes can help calm the nervous system and reduce tension.

Take Movement Breaks

Short walks, stretching, or light physical activity throughout the day can improve focus and reduce stress hormones.



Create Boundaries

Separating work responsibilities from personal time helps support healthier emotional recovery.

Stay Connected

Talking with supportive coworkers, friends, or family members can improve resilience during stressful periods.

Wellness Tip

Small daily wellness habits often create the biggest long-term improvements in emotional health.

Sleep & Recovery

Why Quality Sleep Matters

Rest, Recovery, and Workplace Performance

Sleep plays an important role in physical recovery, emotional balance, focus, and productivity. Employees who consistently experience poor sleep may notice reduced concentration, lower energy, increased stress, and difficulty managing daily responsibilities.

Healthy sleep habits can improve overall wellness and help support stronger workplace performance.



Healthy Sleep Habits



Maintain a Consistent Schedule

Going to bed and waking up at similar times each day helps regulate the body's internal clock.

Reduce Evening Screen Time

Limiting phone and computer use before bed may help improve sleep quality.

Create a Calm Environment

A quiet, comfortable, and dark sleep environment can support better rest and recovery.

Limit Late-Day Caffeine

Reducing caffeine intake later in the day may help improve nighttime sleep.

Wellness Insight

Quality sleep supports emotional resilience, mental clarity, and healthier decision-making.

Healthy Living

Nutrition & Physical Activity

Supporting Long-Term Wellness Through Daily Habits



Healthy eating and regular movement are essential for maintaining energy, emotional wellness, cardiovascular health, and productivity.

Small lifestyle improvements can make a meaningful difference over time.

EVERYDAY WELLNESS STRATEGIES

Stay Hydrated

Drinking water throughout the day helps support focus, energy, and physical wellness.

Move More Often

Walking, stretching, or participating in regular physical activity can improve both physical and mental health.

Choose Balanced Meals

Including fruits, vegetables, whole grains, and lean proteins can support healthier nutrition.

Prioritize Consistency

Long-term healthy habits are often more effective than temporary changes.

Wellness Reminder

Wellness is built through small daily actions that support both mind and body.



Workplace Wellness

Total Worker Health®

Building Healthier and More Productive Workplaces



Organizations that prioritize employee wellness often experience stronger engagement, improved morale, healthier workplace cultures, and reduced burnout.

Supporting employees through wellness resources, healthy communication, and work-life balance initiatives can help organizations strengthen productivity and employee satisfaction.

Workplace Wellness Priorities

Encourage Work-Life Balance

Supporting healthy boundaries can improve employee recovery and reduce stress.

Promote Positive Communication

Healthy workplace relationships contribute to stronger collaboration and morale.

Support Mental Wellness

Providing access to wellness education and employee assistance resources can improve emotional well-being.

Focus on Prevention

Preventive wellness strategies can help reduce long-term health risks and absenteeism.

Organizational Wellness Insight

Healthy employees are more engaged, productive, and resilient.

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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 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:

- NIH News in Health
- National Institutes of Health (NIH)
- Centers for Disease Control and Prevention (CDC)
- NIOSH Total Worker Health®



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

