

CONNECT WITH EASE

Employee Assistance Service for
Education

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Message From EASE

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Free/Low-Cost Events

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Workshops & Resources

Connect with EASE:

1-800-882-1341

**Free confidential support for district
employees and family members:**

Work-related concerns
Emotional distress
Stress
Anxiety
Depression
Substance use
Grief and loss
Life transitions
Family issues
Wellness

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



MESSAGE FROM EASE DIRECTOR

As we begin the new year, many of us are doing so while still carrying the weight and wisdom of the year behind us. Transitions like these often invite reflection, mixed emotions, and a desire to reset. At EASE, we recognize that workplace wellness is deeply connected to how supported, balanced, and grounded we feel during times of change.

January offers a natural pause. It reminds us that renewal does not have to be immediate or drastic. Instead of pushing toward sweeping resolutions, this time of year can invite gentler, more sustainable shifts that honor both our professional responsibilities and our personal well being. Small, intentional choices made consistently often have the greatest impact on our mental health over time.

As you move into the new year, we encourage you to approach this transition with compassion for yourself and others. Prioritizing wellness at work might look like setting clearer boundaries, allowing space for rest, or re-engaging in simple practices that are grounding and help you feel more centered throughout the day. Progress toward balance and wholeness is built through micro changes that support resilience, presence, and connection.

Take a moment to reflect on the following questions:

- ***What helped support my wellbeing at work over the past year?***
- ***What is one small, realistic change I can make to support my mental health during the workday?***
- ***What routines or practices help me feel grounded, and how can I gently return to them?***

EASE is here to support you during this season of transition and throughout the year ahead. Whether you are seeking space to reflect, tools to manage stress, or support navigating workplace challenges, our confidential services are available to walk alongside you. We encourage you to reach out whenever support would be helpful and we look forward to continuing to support your wellness, growth, and resilience in 2026.

Low-Cost/Free Activities

- **Jan 3:** [The Blue Submarine - LA County Library](#)
- **Jan 8:** [Honoring Dr. Martin Luther King Rock Painting - LA County Library](#)
- **Jan 10:** [Yoga on the Pier - Redondo Beach](#)
- **Jan 10 (various dates):** [Boone Children's Gallery Pop Up Art Workshop - LACMA](#)
- **Jan 11:** [2026 Oshogatsu Family Festival - Japanese American National Museum](#)
- **Jan 11 and 25:** [Farmer Boys Car Show](#)
- **Jan 7-11:** [LA Art Show](#)
- **Jan 8-11:** [Anime Los Angeles - Long Beach Convention Center](#)
- **Jan 17:** [LA Fed MLK Celebration - LA Convention Center](#)
- **Jan 17:** [Symphonies for Youth Sensory Symphony - Walt Disney Concert Hall](#)
- **Jan 19:** [MLK Day 2026 Volunteer Festival](#)
- **Jan 25:** [A Chance to Dance - Los Angeles Ballet](#)
- **Jan 25:** [A Faery Hunt and Their Animal Friends - Kindred Spirits Care Farm](#)

Welcoming the New Year

The transition into the new year follows a full and complex one. As January begins, many of us carry what 2025 held: moments of joy, connection, and meaning alongside grief, stress, uncertainty, or exhaustion. Closing out the year can leave us feeling reflective and fatigued, yet it also creates space to begin again. As we step into 2026, it is natural to seek renewal and a sense of forward momentum, rooted in hope for what lies ahead. The promise of the new year arrives alongside the winter season and the recent winter solstice, offering a gentle reminder that even during periods of quiet and rest, light is slowly returning. Winter invites a different kind of rhythm that encourages us to pace ourselves, conserve energy, and pay closer attention to what truly resonates. Rather than pushing for immediate change through resolutions or reinvention, this season may offer an opportunity to reset with purpose, honoring what we have carried through the year behind us while making room for steadfast growth ahead.

A fresh start doesn't necessarily require a dramatic transformation. Often, it begins with simply noticing what you need in the present moment. This might look like setting clearer boundaries, honoring your body's need to rest, or returning to rituals that help you feel whole. Micro shifts such as pausing to breathe or meditate, prioritizing restorative sleep, or staying hydrated can ground us both physically and emotionally as we move through the season. As the year unfolds, caring for ourselves can be less about productivity and more about balance, sustainability, and personal integrity. Progress doesn't always need to look big to be meaningful. We strengthen resilience through simple practices such as mindful breathing, brief movement throughout the day, or checking in with ourselves and our loved ones. Listening when our bodies ask us to slow down is not a setback but an act of deep care that supports long-term wellness.

Some simple ways you might find grounding during the start of the year include:

- *Taking pauses during the day to breathe, meditate, and reset*
- *Spending time in natural light or outdoors when possible*
- *Creating realistic expectations for yourself and others*
- *Reconnecting with routines that support rest, nourishment, and hydration*
- *Setting small, flexible intentions rather than rigid resolutions*
- *Limiting exposure to news or media when needed*
- *Reaching out for support from a trusted person or community resource*

January reminds us that support is essential during times of change. As we move into 2026, EASE remains here to support you, offering an empowering space for reflection, care, and renewal. Wishing you and your loved ones happiness and prosperity in the new year ahead.

-The EASE Team




Click the images and text for event details and resources.

TALK TO US

EASE has counselors available. Call 800-882-1341

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Designing Healthy Habits that Last

Interactive Workshop for Employees

During this hands-on workshop, participants will explore reward-based learning and develop a blueprint for designing healthy habits. They will learn how to avoid common pitfalls that prevent successful behavior change and create a personalized action plan that they can easily apply.

- Explore why our brains form habits and how it work
- Identify behaviors to enable healthy habit
- Recognize and avoid the pitfalls of habit formation
- Design a personalized habit plan


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 **JAN 21, 2026**
3:30-4:30 P.M. ONLINE

Session Duration: 60 minute workshop
 A recording will be made available for those unable to attend.



EASE IS AVAILABLE



HOW TO CONTACT EASE

- 1** SCAN QR CODE FOR WEBSITE
- 2** CALL THE OFFICE
562-922-6683
- 3** EMAIL US
ease@laoe.edu
- 4** CALL THE EASE 24/7 HOTLINE

EASE Hotline: 1-800-882-1341

Select "1" for EASE office
 Select "2" to speak with a Counselor



January Awareness Days:

Month-long Celebrations: Cervical Health Awareness Month, National Blood Donor Month, National Birth Defects Prevention Month, Glaucoma Awareness Month, Poverty Awareness Month, National Slavery and Human Trafficking Prevention Month

Jan 1: New Year's Day, World Day of Peace, Global Family Day

Jan 4: World Braille Day

Jan 11: National Human Trafficking Awareness Day, Paget's Awareness Day

Jan 18: World Religion Day

Jan 19: Martin Luther King Jr. Day

Jan 26: World Leprosy Day, International Customs Day

Jan 27: International Holocaust Remembrance Day

Click the images and text for event details and resources.

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