

EMPLOYEE ASSISTANCE PROGRAM

BE YOUR OWN ADVOCATE FOR YOUR EMOTIONAL HEALTH



There is a strong connection between the mind and body, and good health means taking care of both. No one knows better than you do about what makes you feel your best. Being an advocate for your own emotional health means taking responsibility for your personal wellbeing. No one else can do it for you!

Improving your emotional health can help you cope with everyday stresses and even boost your immune system.

HERE ARE SOME IDEAS FOR EMOTIONAL BALANCE:

- **Treat yourself with the same kindness and compassion as you would treat a friend.** We're often much harder on ourselves than we are on others.
- **Learn ways to manage your stress and limit worrying.** Meditation, deep breathing, and other relaxation techniques can help calm the mind.
- **Take care of your physical self.** Adequate sleep, good nutrition, and regular exercise are essential for good mental and physical health.
- **Practice mindfulness and gratitude.** Spend more time living in the present and enjoying simple pleasures. Focus on the positive things in your life and stop making comparisons to others. Negative thinking is a habit that can be unlearned.
- **Make time to do things you enjoy.** All work and no play can lead to unhappiness and stress. Down time gives you a chance to recharge.
- **Help other people.** Sometimes the best way to help yourself is to do something positive for others.

THE SIGNS OF BEING EMOTIONALLY HEALTHY INCLUDE THE FOLLOWING:

- The ability to form and maintain close and satisfying relationships.
- Positive self-esteem and self-confidence.
- Having a sense of meaning and purpose in one's life.
- The ability to set appropriate personal boundaries.
- Being willing and able to adapt to change and cope with difficult circumstances.



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