

LifeSolutions

Keeping your
spirit healthy



MENTAL HEALTH AWARENESS

People talk a lot about the importance of keeping their lives in balance. But when it comes down to it, few people know how to do it.

“When you’re stressed, taking steps to strengthen your personal integrity can bring you back to a sense of balance that restores a sense of inner peace and harmony,” says Brian Luke Seaward, PhD, author of Quiet Mind, Fearless Heart.

The following strategies can help you change behaviors that increase stress and replace them with behaviors that promote harmony.

Keep everything in perspective

When you’re stressed by a particular event, it’s easy to lose perspective about your overall quality of life.

“When you find yourself focusing on the foreground of a problem or a crisis, take a step back and look at it in the context of the big picture of your life,” says Dr. Seaward. “Doing so helps you realize that, in many areas of your life, things are going well.”

Establish healthy boundaries

Boundaries let other people know how far they can go before they infringe on your personal integrity. Setting clear boundaries helps minimize misunderstandings with friends, family, and co-workers.

Manage anger

Many episodes of anger in day-to-day life are the result of unmet expectations. By lowering your expectations—especially about things you can’t control—you can reduce negative responses. For instance, plan in advance to let go of things you know will drive you crazy.

Be thankful

Adopt an attitude of gratitude by directing your thoughts away from negative thought patterns that are common when you’re stressed.

Forgive others

Carrying the weight of a grudge becomes immobilizing over time. Forgiveness brings light into your heart, and the whole world benefits.

Your employee assistance program (EAP) can help. LifeSolutions® has resources in place to help you feel better. Call or visit us online for information about services that can help you stay healthy.

EAP services are confidential. They are available to you and members of your household at no cost.

LifeSolutions is here to help.

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