

Want less stress and more fun? Start today



Today's lifestyles are hard. You may work, run a household, parent and care for family members. Who even has time for themselves or friends? Many people feel physically, mentally and emotionally drained.

Now imagine waking up feeling refreshed, renewed and ready to go. It's not a dream — it's possible. Here are three ideas that may help you:

- 1. Be kind to yourself.** Do you feel guilty about what you can't get done or worry about letting people down? Guilt is non-productive and uses up energy. Instead of getting stuck on what you can't get done, focus on what you are accomplishing and who you are pleasing (including you!)
- 2. Focus on what's really important to you.** What matters most to you? Do you love animals, care deeply about education or the needs of less fortunate people? Use a bit of your time to volunteer for organizations that address your concerns and passions. This can fulfill and energize you.
- 3. Carve out time for fun.** Many adults are fun-deprived. We have so much on our minds that it's easy to lose sight of how important fun is to feeling upbeat and alive.

Use these tips to boost your mood, create energy and inject more fun into your life. It's well worth it.

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