

Keep the momentum

Inspire others

October 2018 Newsletter

Featured Article:
You're an inspiration!

Monthly Awareness:
How many positive behaviors can you check off?

Infographic:
Building independence in your kids

Let's Talk video:
Managing conflict in committed relationships



Ever wonder what it takes to inspire other people? No matter who we are, we inspire others all the time. **Find out how you're already an inspiration.**



Mood and attitude can be very contagious. Whether your "vibe" is negative or positive, it impacts you and others, too. **Learn a few tips to help you develop a positive attitude.**



Children don't stay children forever. As parents, we want to help them build skills to be healthy, happy adults. **Find some simple steps to help them grow.**



Learn ways to recognize conflict and work through it with your partner. **Watch this video for ways to manage conflict in relationships.**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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Don't look now, but you're an inspiration!



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Ever wonder what it takes to inspire other people? Maybe you think you need to be the very best at something or be a renowned expert or leader.

But you know what? No matter who we are, we inspire others all the time. You're already an inspiration to others — even though you may not know it.

What is inspiration?

Have you been inspired somewhere along your life path? Perhaps your parents, friends, relatives or even complete strangers were figures who inspired you.

If so, then you know that inspiration is a positive force. It can lead you to find your passions, bounce back, achieve more and live a happier, healthier life.

How do you inspire others?

Inspiration takes many different forms. Here are just a few ways you may already be an inspiration to those around you:¹

- **You show you care.** The simple act of asking how someone is or wishing them a great day can be an act of care. Calling or being with a friend during a hard time is caring. Every small thing you do for someone shows you care.

- **You encourage.** People who inspire provide encouragement to help others continue and move forward — even when the going gets tough.
- **You listen.** You can inspire someone just by being the person they can talk to without worrying about being judged, criticized or corrected.
- **You keep promises.** You're authentic. If you say it, you do it. When others trust you, that alone provides inspiration.
- **You set an example.** Perhaps more important than anything, you inspire by example. If you've bounced back from difficulties, you've shown you're resilient. If you show up ready to pitch in and work hard, you're a role model. Any of your positive attributes are motivation for others to follow in your steps.

Do any of these behaviors sound like things you do? If so, you're already an inspiration. Keep it up!

¹Wallen, Daniel. The simplest ways to inspire people and change their lives. Life Hack. Accessed August 2018.

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How many positive behaviors can you check off?



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When you spend time with someone who's down in the dumps, it can make you feel negative too. The same goes for being around positive people: You're likely to feel more upbeat.

Mood and attitude can be very contagious. Whether your "vibe" is negative or positive, it impacts you and others, too.

Positive thinking checklist

Here are some good tips to help you develop a more positive attitude:

1. Get out of bed in the morning thinking of something enjoyable you plan to do each day.
2. Do something kind for someone else. It'll make you feel good and take your mind off your own issues.
3. Silence the inner critic that feeds you negative messages about yourself.
4. Make friends with people who radiate positive energy.
5. Write down three things you're thankful for each night before bed.
6. Choose to be optimistic.

The last tip is the most critical

It's a fact: You can consciously choose to be a positive person. While other upbeat people may lift your spirits for the moment, no one else can really "make" you happy. You're the only one with that power.

Once you make the commitment to happiness, you may find that more good things seem to come your way. Why? Without thinking, you'll be filtering out the negatives and noticing the positives more.

Will bad things still happen? Yes, real life has ups and downs. But when you're fortified with a positive attitude, the negatives don't typically hit as hard.

There's no better time than now.
Don't wait. Start today. Each step
you take will make the next one
even easier.

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Building independence in your kids

Children don't stay children forever. As parents, we want to help them build skills to be healthy, happy adults.

So how do you do that?



CHALLENGE

Match new challenges to your child's age and maturity

INDEPENDENCE

Find tasks your child can do alone



COACH

Teach your child to do new tasks

GRIT

Allow for mistakes



BE REALISTIC

Keep your expectations realistic

AWARENESS

Catch yourself doing things your children can do themselves



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