

# Dream big

# Find inspiration

January 2019 Newsletter

*Featured Article:*  
**Open yourself up to new inspiration**

*Monthly Awareness:*  
**Tips for mental wellness month**

*e-Health video:*  
**Getting out of your comfort zone**

*Let's Talk video:*  
**Fitting exercise into your day**



Inspiration is that flood of excitement you feel when you get a great idea or discover something that really gets you motivated. **Find ways to keep you inspired.**

Mental wellness isn't just an absence of mental illness. It's about living with a mindset that promotes good mental health. **Learn more about taking care of your mental health.**

It can be a bit scary to break out of your comfort zone. **Find some simple tips to try something new.**

Making time for exercise is not always a priority. **Watch this video to find ways to make exercise part of your normal routine.**

## 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!

# Resources for Living®

# Open yourself up to new inspiration



[Return to top](#)

Inspiration is that flood of excitement you feel when you get a great idea or discover something that really gets you motivated. But we all go through dry spells when we may feel stuck or uninspired. How do you get out of those phases?

## Shake up your routine to discover new inspiration

There's no single path to inspiration. But there are different strategies that can help light a spark. Here are some examples:

- 1. Remind yourself of what makes you happy.** Make a list of things you love to do, like sports and activities. And things you love to see like waterfalls, wildlife or funny videos. And places you love to go like the park, beach or mountains. This list may reawaken passions or goals that didn't work at other times of your life. Maybe now's the time to try that awesome dream you've had on hold.
- 2. Do something that's out of your comfort zone.** Go away for a weekend alone, get an edgy hairdo or set a fitness goal that's a stretch. It's not about risking harm — it's about trying something new and, perhaps, finding fresh inspiration in unfamiliar territory.
- 3. Meet new people.** New people = new perspectives = new ideas. Developing friendships can enrich your life and open all kinds of new, exciting opportunities.
- 4. Daydream.** Give your mind well-earned time off and simply let it wander sometimes. A fabulous idea or spark of creativity may just show up when you simply relax and imagine.

Be ready to explore and expand your boundaries. You never know who or what might open the door to new inspiration.

### The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

# Tips for Mental Wellness Month



[Return to top](#)

Chances are you work hard to maintain your physical well-being. Hopefully, you go for yearly checkups, get a flu shot, eat a healthy diet and so on.

But what do you do to protect your mental wellness? Mental wellness isn't just an absence of mental illness. It's about living with a mindset that promotes good mental health.

## Learn more about yourself with this short quiz

The statements below reflect thoughts and practices that support mental wellness. How many of these statements can you say "yes" to?

1. I recognize and remind myself of my strong points instead of dwelling on my shortcomings.
2. I give myself credit for things I accomplish.
3. I can bounce back after something bad happens.
4. I have friends and family to turn to if I need help or support.
5. I don't expect myself or others to be perfect.

6. I see my mistakes as chances to learn something new.
7. I try to see the positive side of life.
8. I socialize with people I like.
9. I use tools like meditating, deep breathing, taking walks or doing yoga to help myself de-stress and relax.
10. I take care of my whole self: I exercise, get enough sleep, eat healthy food and take vacations and breaks.

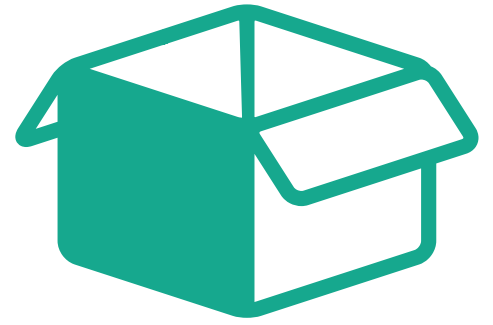
How did you do? If you answered "yes" to all questions, good for you! You've got a very optimistic outlook. That can help maintain good mental wellness.

If you have one or more "no" responses, you may want to work on some of these positive mental attitudes. You'll get more happiness and satisfaction out of life when you make mental wellness part of your self-care every day.

## The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

# GETTING OUT OF YOUR COMFORT ZONE



It can be a bit scary to break out of your comfort zone. But stretching your wings can help you learn and grow.

## Think about:

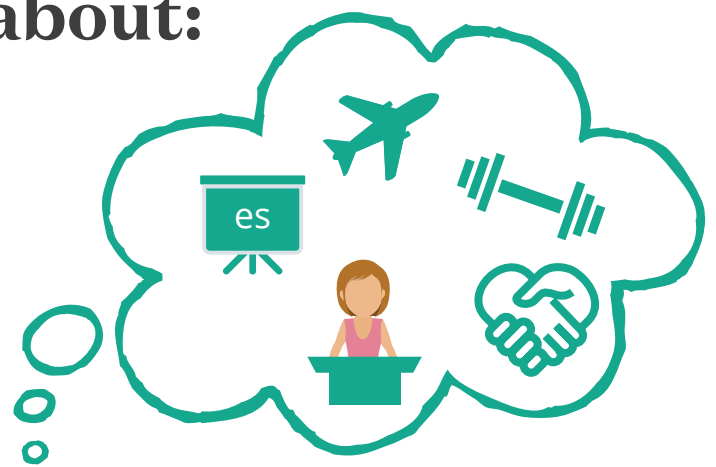
**1** Learning a new language

**2** Traveling somewhere new

**3** Trying out a new fitness class

**4** Volunteering for your favorite cause

**5** Attending a seminar for fun



[Return to top](#)