

How're you doing?



It's been more than a full year since COVID-19 became a global concern. How are you doing? If you've endured at-home school, lockdowns, masks, social distancing, video chatting, virtual everything, vaccinations, financial challenges and more — you're quite a survivor. If you've lost people who are dear to you, you're grieving, but you've still carried on as best you can.

It's time to honor your resilience, optimism and strength.

Ways to celebrate you

You may not feel like celebrating right now but, honestly, we could all use a little extra self-care. So start planning:

- Have a spa day at home
- Plan a picnic with a friend or two
- Set aside a "sleeping in" morning
- Buy yourself some flowers or a new plant
- Take a bike ride
- Take out dinner from your favorite restaurant
- Reminisce with a friend you haven't spoken to in ages
- Rent or stream a TV movie you've been wanting to watch
- Go for a long walk and enjoy the sight, sounds and smells of the outdoors
- Write a letter to yourself recounting (and applauding) all your accomplishments (big and small)

Many of us spend lots of time criticizing and finding fault in ourselves. But now, more than ever, it's the right time to celebrate and reward yourself.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.