



EAP: In Focus

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Newsletter of your Employee
Assistance Program

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SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS



What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
 - Marital
 - Family
 - Stress
 - Financial
 - Legal
 - Anxiety
 - Depression
 - Etc...
- Just call

1-800-226-7930

Attitude is Everything!

ATTITUDE—it governs the way you perceive the world and the way the world perceives you. We all have a choice. We can choose an inner dialogue of self-encouragement and self-motivation, or we can choose one of self-defeat and self-pity. It's a power we all have. Each of us encounters hard times, hurt feelings, heartache, and physical and emotional pain. The key is to realize it's not what happens to you that matters; it's how you choose to respond.

The best illustration of this is the comparison of people who see the glass as half full or half empty. The reality is, both are correct. Your attitude tends to influence whether you focus on what you have, or what is missing. If we focus on what is missing, we do not enjoy what we have, searching for or complaining about what we do not have. If you focus on what you have, you will be able to enjoy what you do have. You do not change your circumstances, but you do choose what about your circumstances you will pay attention to.



The words we use reflect our attitude. Once released to the universe, our words cannot be taken back. Learn the concept of WOW—watch our words. What we speak reflects what is already in our hearts based upon all the things we have come to believe about ourselves. If we find ourselves speaking judgmental and disparaging things about our circumstances or those around us, we know the condition of our hearts needs to change. You can create a direct path to success by what you say.

When you feel truly lousy and just don't want to be bothered, say something nice to the next person you see, assuming it isn't someone to avoid. Making a positive statement about a person's appearance, attitude, health, or job performance can help him or her feel better, and you will feel good, too, for improving that person's day.

The best way to improve your attitude is to develop the practice of expressing gratitude daily, out loud and/or written down for specific things. Try it & see!

**“QUOTATION”
CORNER**

Four Lessons on Life:
 Never take down a fence until you know why it was put up.
 If you get too far ahead of the army, your soldiers may mistake you for the enemy.
 Don't complain about the bottom rungs of the ladder; they helped to get you higher.
 If you want to enjoy the rainbow, be prepared to endure the storm. Warren Wiersbe

**SOUTHWEST FLORIDA
EMPLOYEE ASSISTANCE
PROGRAMS**

Phone: 239-278-7435
Toll Free: 800-226-7930
E-mail: swfeap@swfeap.com

- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*



CHECK THESE OUT!!

WWW = WEB PAGES
WORTH
WATCHING



Website with tips for maintaining a positive attitude

<http://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html>

Website with ideas for encouraging kids

to think positive!

<http://www.livestrong.com/article/128161-positive-thinking-children/>

Healthy Habits for Kids

Habits are hard to break.

That's why the sooner in life we build good, healthy habits, the easier it is to keep them and stay as healthy as possible. And when good habits are in place, it's easier to resist bad ones.

Your child's habits start with you!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits.

If your habits are unhealthy-smoking, drinking too much alcohol, or always expecting the worst, for example-your child is more likely to get those habits.

If your habits are healthy-eating a balanced diet, getting regular ex-

ercise, looking forward to tomorrow, for example-your children are more likely to build those habits in their own lives.

Over this year, we are going to look at how you can help your children in building good, lifelong habits in four areas:

1. Healthy eating.
2. Regular physical activity.
3. Staying safe and healthy.
4. Healthy thinking.

Let's look at healthy thinking .

A great way to explain to children that their feelings typically stem from their thoughts is to tell them about the Law of Cause And Effect. Knowing that every action will have an

equal reaction can give them a deeper way to contemplate their own behavior. And by explaining this in order to understand that feelings are the effect or result of thoughts, they will come to see that positive self talk is the best thing they can do for themselves as it will ultimately lead them to bring forth the best they have inside and share it with the world.

