

Solutions

NEWSLETTER |

Spring Cleaning for the Soul

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FAMILY SERVICES
EMPLOYEE ASSISTANCE PROGRAMS



Once a year you grab a mop, broom, and garbage bag to make your home sparkle. You don't think twice about rolling up your sleeves in an effort to partake in an annual spring cleaning, but how many of you put half that effort into cleaning up your emotional clutter as well?

Throw out the old bring in the new.

It is so easy to get stuck in a routine. You need a fresh perspective maybe make some changes, take a few steps back. Are you seeing yourself through someone else's lens? Or an old lens that no longer serves you. Look at yourself through new lenses. Sometimes we need a little distance to help us see things as they really are. You need to see yourself for the star that you are.

- 1. Invest in yourself.**
- 2. Spend some time with yourself**
- 3. Take care of yourself**
- 4. Appreciate yourself.**

Create a kinder and more balanced self-image by making it a quick and daily habit to celebrate you.

1. Invest in yourself.

First step would be to develop your skills. Read books, articles, white papers, anything related to the talent or skill you want to work on.

Keep current – stay abreast of the latest trends or advancements. Subscribe to publications, read blogs of experts, and follow the latest news.

Secondly, explore your creative side there is a fountain of creativity within most of us that has never been tapped or certainly hasn't been used to its highest potential. Creativity, in any form, helps us to grow personally and professionally, to view problems and solutions in different ways and to utilize other parts of our mind that may have been previously untapped.

It's important to keep in mind that creativity has many faces. It's far broader than being a painter or sculptor; it's also about trying new things.

Finally, nurture your mind and body. Nurturing both your mind and body allows you to have more to give now and in the future, more energy, more knowledge, more compassion, more ideas, greater strength, physical and mental endurance.

2. Spend some time with yourself

The only thing you can never lose and never have to worry about losing is you. You will always have you. You can lose everything else, but you can't lose you. Learn to be happy with just yourself and everything else positive that comes your way will only be a very pleasant surprise. Be kind to yourself, give yourself the luxury letting go for a few hours or for a day. Make yourself your best friend and appreciate the time you spend with yourself. That will help you to understand who you are and where you are going.

3. Take care of yourself

Relax; it's time to get comfy! Watch your favorite movie or read a good book. Meditate, or simply sit and focus on the breath for 15 to 20 min. Take a bath and spoil yourself with the works. Use everything! Aromatherapy, bath bubbles, bath salts, and candles. (If using candles, make sure they're non-toxic. Look for ingredients like soy wax, beeswax, and vegetable wax, which won't fill your lungs with toxins.)

Cook for yourself. Try making a new, healthy recipe you've wanted to try. Laugh. Call your best friend or watch a funny TV show. Laughing is good for the soul and will actually put you in a good (or better) mood.

4. Appreciate yourself.

Become aware and catch yourself if you are placing condition, limits on appreciating yourself completely. Choose to appreciate yourself unconditionally in the moment and continue to make subtle changes. You can choose to not engage with the self-criticism and thoughts that put you down. Allow yourself to make mistakes without too much self-criticism. Learn from your mistakes. Cleanse the mind/body/spirit by dumping internal baggage such as unresolved grief, self-imposed obligations, and old beliefs.

Thank yourself for everything that you do and that you are. Keeps that metaphor of spring cleaning in mind?



fseap offers confidential professional assistance on a wide variety of Personal and work-related issues.

For information and assistance from your EAP,
Call: **1.800.668.9920**