



EAP EMPLOYEE ENHANCEMENT NEWSLETTER

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A NEW PERSPECTIVE FOR THE NEW YEAR AHEAD

By *Samantha Delaney*, CHES, Training and Development Consultant, Ease@Work, an AllOne Health Company

When you hear the term “whole health,” what comes to mind? Your entire physical well-being? Your mind-body connection?

Whole health is even more expansive and looks at the whole person. It’s based on ancient practices that date back 5,000 years and incorporate the whole mind-body-spirit connection, shown in this quote by Plato: “For the part can never be well unless the whole is well.”

Over the centuries, this concept evolved into today’s definition of holistic health, reintroduced in the 1970s. It incorporates all areas of well-being: physical, mental, emotional, social, financial, occupational, spiritual—and even an individual’s relationships and interactions with their environment.

Each aspect of well-being is interconnected, and if one aspect is not well, the others can be disrupted. For example, if someone is nervous about an upcoming workplace event, they may experience physical symptoms, such as a stomachache, or behavioral issues, such as a shorter fuse, which can then impact their relationships.

When we can understand how each aspect of our health works together, we can take charge of our well-being.

At this time of year, many of us are focusing on New Year’s resolutions. It’s common for people to limit their focus to their physical health. A study shows that the top three resolutions last year were to eat healthier, exercise more, and lose weight.

This year, I would challenge you to revisit your goals from a whole health perspective. Think about everything—your relationships, your surroundings, your financial health, your social life. Are there any changes you would like to make?

A good way to evaluate your goals involves a brainstorming activity, known as the “Start, Stop, and Continue Approach.” The idea is to create a quick list of answers for the following three questions:

1. What are some activities you would like to start doing to add value to your life?
2. What are some activities you would like to stop doing, which do not bring value to your life?
3. What are some activities you would like to continue doing that add to your life?

Don’t limit yourself when answering these questions. Just jot down whatever ideas come to mind. Once you have your lists, decide which goals to commit to. Choose one or two answers for each question and identify steps you can take to reach those goals.

If you’re feeling stuck or struggling to identify ways to get started, contact your Employee Assistance Program for help. We are here to support all aspects of your well-being.

FINDING YOUR MOJO: HOW A SENSE OF PURPOSE FUELS YOUR INNER DRIVE



Having a sense of purpose is an important aspect of your whole health. Although it's deeply personal and unique to everyone, having a sense of purpose brings meaning and direction to life.

This, in turn, provides motivation, determination, and momentum. It's like an inner spark that motivates you to get up in the morning—and to keep moving forward despite the setbacks.

Having a sense of purpose also helps to nurture and support other aspects of health and life, which then has a positive influence on your whole health. Here are some examples:

- **Improved mental and emotional health.** Having a sense of purpose inspires you to pursue interests beyond yourself. This helps to strengthen your mental and emotional health, making it easier to manage stress and ward off anxiety and depression.
- **Healthier habits and improved physical health.** When you're mentally and emotionally strong, it's easier to maintain healthy habits, like eating well, getting adequate exercise and sleep, and seeking regular medical checkups.
- **Stronger relationships and social connections.** Having a sense of purpose inspires you to take on responsibilities and get involved in activities and causes. This not only helps you to build relationships with others, but it also helps you develop a sense of identity and belonging, which helps to prevent isolation and loneliness.

Finding a sense of purpose looks different for everyone, but here are some strategies to consider:

- **Take time to reflect on what matters most to you.** What are your core values, passions, and interests? What do you find meaningful, engaging, and enjoyable?
- **Try new experiences.** Look for opportunities that you find uplifting and rewarding, such as volunteering or getting involved in causes that matter to you. Consider opportunities outside of your comfort zone.
- **Be open to growth and discovery.** Just as life evolves, so do your priorities—and your sense of purpose. Continue to be open to new ideas and opportunities that fill your life with meaning and joy.

There may be times when it's helpful to seek guidance from a mental health professional. To learn more, contact your Employee Assistance Program. Services are free, confidential, and available to you and your family members.

HOW TO BUILD YOUR OVERALL WELLNESS



by [Ryan Atherton](#), Account Manager, FEI Behavioral Health, an AllOne Health Company

Stress and change are inevitable. However, our ability to cope with stress and change—as well as life’s many other challenges—can be strengthened by focusing on key areas of overall wellness: physical, emotional, intellectual, social, and spiritual. Developing these specific areas can help people feel more whole, connected, and resilient.

Physical Wellness

Sound nutrition and regular exercise are essential factors in physical wellness—as is the ability to relax and truly rest. Try to take some quiet time for yourself every day, with no TV, phone, or other interruptions. Also, be sure to get enough high-quality sleep.

Emotional Wellness

Emotionally healthy people often express themselves in a positive way and communicate clearly, without making others feel defensive. Being assertive is also important because this allows you to express your emotions appropriately as they occur. Being direct and clear with others can also help reduce anxiety and anger, allowing us to remain emotionally balanced and reduce mood swings. It also helps to maintain a sense of humor about yourself and life in general.

Intellectual Wellness

The way we think, feel, and act is all interconnected. Intellectual health is based, in part, on the ability to see something positive in any situation. Remember to use the power of positive thinking. Here are a few tips to optimize your intellectual health: avoid irrational beliefs, all-or-nothing thinking, jumping to conclusions, or blaming yourself or others for negative events. It’s also helpful to avoid “if only” and “what if” thought patterns.

Social Wellness

Social health is based on relationships with other people: family, friends, coworkers, and neighbors. Sharing feelings, joys and burdens is very important to overall wellness. Try to reach a balance between work and home responsibilities. Keep in mind that the only way to have a friend is to be a friend. This means taking time to foster and develop friendships with others. By providing friendship and support to others, you create your own support system.

Spiritual Wellness

Spiritual health involves believing in something greater than ourselves, which can help move people toward a sense of wholeness. Spiritual health can provide hope, courage, enthusiasm, contentment, and reflection. Life is full of ups and downs and inevitable struggles, and numerous studies link spirituality as a factor in overcoming adversity and coping with hardship.

Your Employee Assistance Program is an excellent tool for helping you address all areas of whole health and improve your overall wellness. Contact your Employee Assistance Program for confidential and personalized support.

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