



EFR EMPLOYEE & FAMILY RESOURCES

"HOME" IMPROVEMENT



NEXT MONTH IS SELF-IMPROVEMENT MONTH. NEED TO DO SOME "HOME" IMPROVEMENT?

Discover 10 achievable daily self-improvement practices that not only enrich your life, but can also add to both your mental and physical well-being.

We as people are ever evolving as we experience new challenges and joys throughout life. Our capacity to learn not only helps us survive new experiences, but also allows us to better understand our strengths and areas for improvement.

Here are 10 tips that may help you along your journey of personal growth in September:

1. Get out of your comfort zone.

Growth comes with hard work, a mindset for perseverance and change, and maybe even a little sweat. Try to shake up your routine -- when you make yourself

vulnerable to a new environment or new experiences, you will naturally begin growing as you adapt to new circumstances. This might look like joining a gym, learning a new language, or tasting new cuisine.

2. Practice self-care.

Growing takes energy and can be exhausting. Be mindful of your emotional, physical, and spiritual needs to achieve balance while you push and change yourself.

3. Make good use of your time.

Do you come home from the stress of work and spend the rest of your evening glued to your sofa? While rest is an important self-care practice, it's also critical you spend time pursuing overall wellness. So, make yourself do the dishes because you'll feel a lot better

when they're off the To-Do list. This also means keeping plans with friends and family, as you might be energized with the companionship. It could also mean taking a walk outside because fresh air can benefit both the mind and body.

4. Ask for feedback.

We all have blind spots about ourselves and where we fall short. Recognizing we will always have room for improvement, don't hesitate to ask friends, family, and even colleagues for honest observations about where growth may be helpful.

5. Express kindness.

Kindness inspires other positive qualities, such as compassion,

NEW HABITS

Check out these [18 tips](#) for creating new habits and making them stick!



patience, and love. While some situations might make it difficult to be kind, that positive mindset is rewarding in how it makes you and those around you feel good emotions.

6. Change your habits.

Take a moment to think about something you find yourself doing all the time. How did that habit form? Is it something you want to continue doing, or is it something you'd rather change? Evaluate how it affects your life, as well as how you can regain power over bad habits and reinforce good habits that can empower your efforts toward growth.

7. Schedule regular downtime.

Even with a growth mindset, it's okay to hit the pause button every once in awhile. Allow yourself time to adapt and learn, as well as to reflect on how this change will affect your life. Growth

happens in the calm and quiet, too!

8. Practice gratitude.

There is a lot for which to be thankful. Try taking a moment every day to give thanks for your capacity to grow, learn, and evolve. Be grateful for everyday abilities, such as what your body can do, your support system, and the opportunities you have as part of a community.

9. Surround yourself with positive influences.

Many of us have that one relationship with someone we have difficulty getting along with. You might also have a friend that is constantly negative and a bit of a downer. While you may need to maintain those relationships frequently because of professional needs, do what you can to be wise and remain positive around these people. This could mean spending less time

with them, or it means preparing your mindset before engaging with them.

10. Heal negative self-talk.

As you utilize the aforementioned tips, clear any negative thoughts and self-doubt from your mind. We all have that voice that reminds of us past failures; move on from the past, forgive your mistakes, and move forward with a mentality of growth and positivity.

Your Employee Assistance Program, provided at no cost to you by your employer, offers free, telephonic life coaching sessions.

A certified life coach can assist you in developing your soft skills, such as communication, time management, and goal setting. Call **800-327-4692** anytime to begin or continue your journey through self-improvement!

WELLNESS

Improve Fitness, Feel Better



One of the most common ways we strive to improve ourselves is with physical fitness. But this is easier for some more than others. Try these low-impact exercises that are easier on the body, but still work up a sweat, to get you moving and improve your fitness level!

- Walking
- Elliptical
- Strength Training
- Cycling
- Kayaking
- Tai Chi
- Hiking
- Rock Climbing
- Yoga
- Pilates
- Swimming
- Water Aerobics
- Step Aerobics
- Ballroom Dancing
- Golf



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