Saying Yes to Yourself

Allow yourself to do things that make you happy and reduce your stress.

POWER OF "YES"

Oftentimes, you are told that it is okay to say "no." You can say "no" to help you manage your time; "no" when you are too busy; "no" to something that just doesn't fit into your life. And those are all true. However, sometimes you need to let yourself say "yes" to certain things: Say "yes" to trying new things that interest you; "yes" to being a bit selfish sometimes; "yes" to enjoying life.

YOUR "YES" TIME

We often find it so easy to say "yes" to others but struggle when we want to say "yes" to ourselves. However, when you do allow time in your day for what **you** want to do, it often rejuvenates you so you can better do the tasks you are doing for others. So, don't just stumble upon a few extra moments in your day for your own rest or fun. **Schedule it.**

Set aside time in your day to focus on you. The amount of time depends on what you plan to do with it. Maybe you only need 20 minutes to meditate or maybe you need an hour to work on a hobby project. Maybe you need 30 minutes as soon as you wake up and 30 minutes you go to bed just to reflect on your day. Whatever it is you need, schedule it and stick to it. Don't let other things creep into your "yes" time.

ENJOY BEING HAPPY

When you give yourself permission to say "yes" to things you want to do, you are freeing yourself to trying new things. You are allowing yourself to do things that make you happy and reduce your stress. And you are giving yourself the opportunity to remove the guilt you may have for focusing on yourself for a time.

LET US HELP

Maybe you need to say "yes" to yourself and allow yourself the time and energy to focus on a goal that you have. If so, maybe saying "yes" to EAP coaching is just what you need. Coaching through your EAP is a free and confidential service that can help you focus on a goal, helps you set up the steps to achieve that goal, and helps you celebrate your success along the way.

Schedule a moment in your day to call your EAP to get set up with a coach. We are here, waiting for your call.