



Learning to Relax

Take a little time every day to help refresh and unwind.

It is important to give your body the time and ability to relax and restore itself. Time that is free from worry and tension allows you to refresh your sense of well-being. This may mean meditating in a quiet, dark room with soothing music and candles, taking a long hike through the woods or sweating on a basketball court during a pickup game at the local park. Whatever it is that helps you unwind, leave the worry behind and renew your sense of tranquility. Make relaxing an important part of your weekly routine.

Find something that helps you relax every day — even if it is just a 15-minute opportunity to read a good book each night. Taking the time to focus on you, your happiness and enjoyment will give your body a chance to release stress and tension.

Most of us know what we would like to do to relax. However many of us struggle to overcome the guilt we may feel when we do focus on ourselves rather than the 100 other things to worry about.

How do you allow yourself the freedom to relax? Calling your EAP and setting up time with a coach could be the first step. A coach will talk with you about the importance of setting aside the time for relaxing and can help you set a schedule that allows you time to relax while completing your necessary tasks. And working with your coach need not take up much time as it can occur in person or over the phone, and even some of the in-between work may be possible via email.

To learn more about the importance of relaxing and how your Employee Assistance Program and the free coaching services we offer can help you, call today. You can also find valuable information and resources on our website - EAP4YOU.com

Go ahead, you know you want to.