

# Enjoy the view

# See the good

November 2019 Newsletter

*Featured Article:*  
**Optimism:  
It's good for  
your health**

*Monthly Awareness:*  
**November is  
Family Caregiver  
Awareness Month**

*Infographic:*  
**Self-talk for  
self-esteem**

*Let's Talk video:*  
**Managing  
anger**



Recent studies say that optimists may have less health risks. **Read on for some specific tips...**

At some point, most of us will help care for a loved one who's aging or disabled. **Understand the trials and support they need...**

if you want to improve your self-esteem, you have to improve your thoughts. **Learn how to choose more positive thoughts...**

Anger is a natural human emotion. **Watch this video to help understand and manage anger...**

## Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

# Resources *for* Living®

# Optimism: It's good for your health



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Recent studies say that optimists may have less risk than pessimists when it comes to developing certain health issues. These can include heart disease, viruses, mental health problems, infections and more. So if you think you could be more optimistic, you now have a great reason — your own wellbeing. Read on for some specific tips.

## Ways to boost your optimism

If you're pessimistic, you may:	To be more optimistic, try this:
See any success you have as a lucky break	Pat yourself on the back and take responsibility for every success — no matter how small. This will help build your confidence for each new effort.
Give up quickly when something is hard	Understand that it's non-productive to give up as soon as you're frustrated or let down. You can survive — and often benefit — from persisting in the face of difficulty.
Hold on to grudges	Stop using up energy on past hurts. Try to let go of grudges and use your energy to move ahead.
Expect the worst in any situation	Are you hesitant to anticipate something good because it might fall through? Don't be afraid of disappointment: It can be a great motivator. Learn to deal with disappointment and figure out the reason for failure. These become learning tools for your next projects.
Feel cynical and/or jealous when other people succeed	Do others seem to succeed easily while you struggle? Does social media showcase everyone else's life as "perfect"? Instead of feeling resentful, re-focus on all the things that make <i>your</i> life happy. And if you know someone who succeeds a lot, see if he or she will mentor you so you can learn from their strategies.

Pessimism is a mindset that takes time and practice to change. To be more optimistic, you need to rewire your reactions and thought patterns. If you want to become more positive, use the tips above to try seeing the glass half full!

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.

# Resources *for* Living®

# November is Family Caregiver Awareness Month



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At some point, most of us will help care for a loved one who's aging or disabled.

The fact is that most of us will be caregivers for a family member or friend. For many, the job only lasts a short while. For others, it might go on for years.

If that sounds scary to you, take heart. Many people report finding greater meaning in the role of caregiver than they first expected. But it's important to understand the trials and needs that caregivers face.

## Challenges of caregiving

Healthcare costs can add up fast, even with insurance. Some families might also need to pay for services like cleaning, moving and home repairs or modifications. Those who also require home health care, assisted living or nursing home services can find it even harder to manage.

Caregivers can spend as many as 40 hours or more each week helping a loved one. This means that working caregivers often need flexible shifts. Or they end up missing work. And that costs money in lost wages.

## Getting or giving help

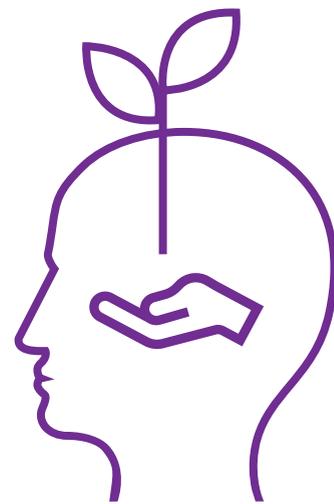
- **If you're a caregiver**, ask for help when you need it. Don't try to do it all alone. And don't overlook your own needs. You'll be better able to take care of your loved one if you're not sacrificing your own well-being.
- **If you know a caregiver**, ask how you can help. Making a general offer to help is a nice thing to do. Even better, ask or offer to rake the yard, drop off some meals or do other specific tasks.
- **Little things count, too.** It sounds easy to ask how things are going and really spend time listening. But it can make a caregiver's day better. Or, you could run an errand for a caregiver you know. Anything you do will likely be appreciated.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

# Resources *for* Living®

# Self-talk *for* Self-esteem



How you think affects how you feel. So if you want to improve your self-esteem, you have to improve your thoughts. Pay attention to your self-talk and choose new, believable messages that will help you feel better about yourself. Over time, you can pick thoughts that are even more positive.

## **Instead of:**

## **Think:**

"I can't do this."

**1**

"I can't do this YET. But I'm getting there."

"I'm a failure."

**2**

"Failing is an important part of succeeding."

"No one likes me."

**3**

"It's impossible for everyone to like me."

"My body is ugly."

**4**

"This is a human body. Other people have bodies like this."

"This will never work."

**5**

"I can figure it out, even if I have to ask for help."

"I should just quit."

**6**

"I can do hard things. I've done hard things in the past."

"I don't know what to do."

**7**

"I'm learning something new."

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