

Just for
you...



Trust yourself

March 2020 Newsletter



*Featured
Article:*

High-flying self confidence | Self-trust comes from trying, learning from your efforts and then trying again. [Learn the basic keys to self-trust...](#)



*Monthly
Awareness:*

Understanding self-harm | People who self-harm need help finding healthy ways to cope with their emotions. [Learn more about how to identify someone who may be in danger of self-harm...](#)



*Let's Talk
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Blended families | When families combine, it can often take time to adjust. [Watch this video to learn a few tips to make the transition easier...](#)



Podcast:

Being perfect: How it can backfire | Does perfectionism keep you from getting things done? [Listen to some straight talk about perfectionism — including tips to overcome it...](#)



*e-Health
video:*

SMART goals | Are you tired of setting goals that don't work out? [See how SMART goals can help you end that pattern...](#)

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!



High-flying self-confidence

Have you heard of the Flying Wallendas? They're a seven-generation family of high wire circus performers. The Wallendas have been performing daredevil acts for over 200 years.

And the current generation is still doing high wire walks in circuses and even across Times Square, Niagara Falls and the Grand Canyon. They've had some serious accidents — yet they keep on performing.

Where do they get their mental strength?

How do the Wallendas find the self-confidence to do their risky acts? As Nik Wallenda says, "We overcome challenges and keep going."¹

Life: A high wire act

Most of us will never walk a tightrope. But life can sometimes feel like a high wire act.

You put yourself "on the line" when you start a big job, venture into a new relationship, tackle a fitness plan or make hard decisions. Whether you succeed or not, you learn something new and valuable. And, as you take on each challenge, you begin to trust yourself more and more.

Keys to self-trust

Self-trust develops over time and takes practice. Here are some basic tips:

1. Stop worrying about what others think.
2. Don't underestimate or undermine yourself.
3. Trust your instincts when you make decisions. Remember, you can learn something whether you're right or wrong.
4. Take reasonable risks.
5. Believe in yourself.

Self-trust comes from trying, learning from your efforts and then trying again. You can do it!

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¹Lewak, Doree and Annie Wermiel. [Horrific tragedy can't stop high-flying Wallendas' comeback.](#) New York Post. Accessed January 2020.

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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.

Understanding self-harm



Self-harm is the act of hurting yourself on purpose. Why would someone do that? Those who self-harm cause physical injury to themselves as an outlet for the emotional pain they have. Lacking healthy coping skills, it's their way of venting anxiety, depression, rage and other disturbing feelings.

Self-harm can also be a sign of other serious mental health issues. People who self-harm are usually not suicidal but can become suicidal.

How do people self-harm?

Some cut themselves with sharp objects, cause burns or keep wounds from healing by picking at them. They may bang their heads or punch walls. They may pull their hair out. They may misuse alcohol or drugs.

Self-harm often leads to shame and guilt — even more bad feelings. If ever there was a “call for help,” self-harm is one of them.

Who self-harms?

Teens and young adults are at high risk for self-harm. This is especially true if they've experienced abuse, trauma or have other emotional or psychological issues.

How do you know if someone is self-harming?

Self-harm happens in private. But the results can usually be seen. You should be concerned if you know someone who:

- Has new scars, bruises and cuts on a regular basis
- Wears Band-Aids or bandages frequently
- Wears long-sleeved shirts and long pants — even in hot weather
- Acts sad and depressed
- Seems “accident prone”

There is help for people who self-harm. Professional counselors can work with them to replace self-violence with healthy coping skills.

Get help if you or someone you know is trapped in the destructive power of self-harm.

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