

# EMPLOYEE ASSISTANCE PROGRAM



YOUR EAP NEWSLETTER

February 2020

## Eight Dimensions of Wellness

### Physical Wellness

Physical wellness is centered around physical activity, nutrition, and adequate sleep. Exercise offers many benefits to a person's overall well-being; it improves your chances of living longer and healthier, relieves symptoms of depression and anxiety, and prevents weight gain. You can maintain your physical health by kayaking, jumping rope, engaging in sports, walking, jogging, skiing, dancing, tennis, and gardening. Physical wellness isn't just about physical activity its also about brushing your teeth, going to yearly check ups, and taking time for self-care, like massages or pedicures. Food is fuel for our body and if we aren't giving it the right fuel it wont work as well or as long, so eating right is another factor that is important to physical wellness. Tips for eating well is limit fast food and soda consumption, when shopping stick to the outside aisle out grocery stores. The inside aisles are usually where the processed foods are located and try going meatless once a week. Eating well and working out will also have appositve impact on your sleep patterns!

### Emotional Wellness

Emotional wellness is the ability to express feelings, handle emotional challenges, and manage life's stressors. Emotional wellness has a huge impact on our personal and work-place life, learning techniques to cope with stress and emotional challenges is important. It includes knowing our strengths, as well as what we want to get better at, living and working on our own but letting others help us from time to time. Socrates said "Know Thyself." There is power in understanding why something or someone stresses us, or why we like or dislike an activity, because once you know it you can do something about it! The National Institutes of Health have compiled a Emotional wellness toolkit click [HERE](#) to explore how you can find out more!



### Practice Makes Perfect

Start a "ten a day" practice routine. For one month, do 10 sit-ups each day; after a month add 10 more. Being consistent will create a strong core and help with your overall physical balance.

Be sure to check on next months EAP Newsletter and tune into our new monthly program Healthy Huddle Express located on the EAP portal!

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Center For Family Life and Recovery

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