

April 2025

Life Is Hard... I Can Do Hard Things!

Did you know that you can teach your child to be more resilient?

As parents or caregivers, one of the most important tasks is helping children develop resilience in the face of a fast-changing world. Resilience can be strengthened through example, and we can teach it to children both subtly and overtly. The American Psychological Association offers these tips for building resilience in children and teens:

- **Make connections:** Teach your child the importance of engaging with their peers.
- **Help your child by having them help others:** This can help them feel empowered.
- **Maintain a daily routine:** Can be comforting but also remember to be flexible.
- **Take a break:** Build in unstructured time for creativity and be mindful of what your child is exposed to that can be troubling (the news, internet or overheard conversations).
- **Teach your child self-care:** Things like eating healthy, getting enough sleep and exercising. Make sure they have time in their day to have fun.
- **Move toward your goals:** Teach goal setting and working toward achieving goals.
- **Nurture a positive self-view:** Remind your child how they have moved past tough times in the past and help them trust in themselves.
- **Keep things in perspective and maintain a hopeful outlook:** Help them see there is a future beyond the current situation.
- **Look for opportunities for self-discovery:** Explain that whatever they're facing can help teach them what they're made of.
- **Accept change:** Show them that change is a normal part of life and can be positive.

Resource: [How to foster resilience in children | health enews](#)

**For more ideas about fostering resilience in your family,
please reach out to the EAP.**

800-236-3231 or www.aah.org/eap

May 2025

Focus On Overall Wellness to Improve Your Emotional Well-Being

The 8 dimensions of wellness* create a holistic approach to well-being. Achieving harmony in these dimensions can lead to an improved quality of life, better relationships, and a better work-life balance.

1. **Emotional** – Coping effectively with life and creating satisfying relationships.
2. **Environmental** – Creating good health by occupying pleasant, stimulating environments that support well-being.
3. **Financial** – Satisfaction with current and future financial situations.
4. **Intellectual** – Recognizing creative abilities and finding ways to expand knowledge and skills.
5. **Occupational** – Personal satisfaction and enrichment derived from one's work.
6. **Physical** – Recognizing the need for physical activity, healthy diet, sleep and nutrition.
7. **Social** – Developing a sense of connection, belonging, and a well-developed support system.
8. **Spiritual** – Expanding our sense of purpose and meaning in life.

*Adapted from Substance Abuse and Mental Health Services Administration (SAMHSA)

**If you would like assistance with your emotional well-being,
please contact your EAP.**

800.236.3231

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June 2025

Are You Happy? Would You Like to Be Happier?

A growing body of scientific evidence suggests that being happy benefits physical health and helps promote a healthy lifestyle. Happy people are more likely to take better care of themselves and choose healthy behaviors.

Here are some proven approaches shown to help you feel happier and healthier.

❖ **Practice gratitude daily**

You can increase your happiness by focusing on things you are grateful for.

❖ **Get and stay active**

Regular exercise is not only good for your physical health, but it can also help boost your mood and improve your outlook on life.

❖ **Connect with others**

Staying socially connected can increase your happiness level. Having positive interactions with people (or even animals) can foster a sense of happiness.

❖ **Learn to meditate**

Regular meditation can increase happiness and provide other benefits such as reducing stress and improving sleep.

❖ **Don't shortchange your sleep**

Lack of sleep has a negative effect on happiness. If you struggle with sleep because of stress, family problems or other issues, please contact your EAP. Remember, EAP services are free and confidential.

Ever wonder if you could live a happier life?

Your EAP is here to help.

Give us a call at 800.236.3231. You'll be happy you did.