

July 2023

Self-Care BINGO

It is not selfish to practice self-care! In fact, these activities are vital to your mental well-being. Research suggests that the more we practice self-care, the more confident, creative, and productive we are. Not to mention we also experience more joy, make better decisions, build stronger relationships, and communicate more effectively. Your self-care options will depend on what works best for you, what you enjoy, your energy levels, personality, and other factors. Never feel guilty for taking care of yourself. You deserve it! ***Here are some free options to consider...***

B	I	N	G	O
Take 10 deep breaths	Look at the stars	Go to a park	Visit the library	Go tech-free for a day
Go on a picnic	Do a Random Act of Kindness	Call a family member or friend	Go on a nature hike	Backyard tenting
Get a good night's rest	Go to the beach	Fly a kite	Ask for help	Make a time capsule
Go for a Walk	List 3 things you love about yourself	Have a conversation about mental health	Sit in the sun	Start a gratitude journal (3 per day, no repeats!)
Create a vision board	Plan a fun activity	Write down the answer to "I am happiest when..."	Read an inspirational book	Pet an animal

If you would like more resources for your mental well-being or self-care activities, please call AAH EAP at 800.236.3231.

August 2023

10 Reasons to Use Your EAP

The Advocate Aurora EAP is a free benefit for all employees and their immediate household members. These services focus on your wellbeing and are intended to improve your work-life balance before a concern needs further intervention. We can assist with the following...and more!

- 1- Creating a monthly budget
- 2- Struggling with a challenging relationship
- 3- Excessive worry causing sleepless nights
- 4- Improving communication with those around you
- 5- Identifying resources for aging parents
- 6- Looking for information on schools
- 7- Having a sounding board to talk through a new stage of life
- 8- Consulting with a lawyer on landlord-tenant issues
- 9- Improving your work-life balance
- 10- Finding local childcare options

**To access your EAP benefits, contact
AAH EAP!
800.236.3231
www.aah.org/eap**

September 2023

How to Create a Healthy Habit...and Stick to It

Most of us, at one time or another, have said to ourselves that we should eat healthier, exercise more, or get more sleep. But then our brain takes over and tries to convince us that we're too tired to go to the gym, or don't have time to meal prep, or there aren't enough hours in the day.

According to Amy Morin, LCSW of the Verywell Mind Podcast, "When there is something that we know we should do, but don't want to do, our brain will try to talk us out of it by creating a list in our head of reasons not to follow through." She suggests the best way to fight this is by **Creating a List of Reasons Why**.

For instance, if we know we should exercise more, it's easy to tell ourselves that we are too tired, or the gym is too far away. However, if we create a list of the benefits of exercise and put it somewhere that we will see it before we have to make the decision, we are less likely to talk ourselves out of it. For example:

Reasons Why I Should Exercise:

- I will feel better when I'm done
- Exercise will relieve my stress
- I will sleep better
- I already pay for the gym membership
- I deserve this time to focus on me.

The **List of Reasons Why** is a powerful tool that helps us act on logic, not just emotion. We then begin to feel more empowered and in control of our decisions. Once healthy behaviors become part of our schedule and we begin to feel the benefits of these behaviors, they become incorporated into our normal routine.

Contact AAH EAP today!
800.236.3231
www.aah.org/eap