

Upcoming Online Seminars

9/1/22 – Understanding Anxiety

10/1/22 – Building Better Mental Health

11/1/22 – 'Tis the Season: How to Survive the Holidays

To watch these online seminars, log in to your program's web or mobile platform and click on the 'Monthly Feature' tile or use the 'What's on Your Mind?' search tool.

Navigating Change

Whether you choose change, or it simply happens, change is a natural part of life and important to individual growth. You might experience a new job, a different living situation or shifting social groups, but navigating change successfully can be a similar process for any situation. Change can be difficult sometimes, but the way you approach it can reduce your stress and anxiety as well as help you bounce back quicker and stronger.

Recognize signs of change

Career changes, growing families, aging or unexpected circumstances can trigger feelings similar to the grieving process. Sadness, excitement, joy, anxiety and even anger are typical emotions that you may feel during periods of change. The more you understand why and how changes affect you, the more easily you will be able to handle changes when you encounter them.

Stay flexible

Resisting change only makes it harder. Being open to adapting helps you avoid some of the stress associated with

transitions. Ask yourself, "What am I going to lose if I don't change?" and "How can I make this work?" What skills do you have that you can apply to the new situation or environment? Expressing curiosity, asking questions and exploring new methods of problem-solving can help you be more comfortable with changes.

Practice resiliency

The people that are best able to deal with change in their lives believe in their ability to adapt. Resiliency is about "bouncing back" from life's challenges, and the ability to adjust to situations around you, especially in the face of adversity, trauma, tragedy, threats or stress. It's recognizing that your strengths can help you endure and that you have the capability to approach life's challenges head-on.

Stick to a routine

When facing the unknown, it's important to try maintaining a sense of normalcy. For example, when facing changes in the

workplace, try focusing on your usual workday routine. Can you still have lunch with a coworker or take your break at the same time each day? Sticking to your daily routines, wherever possible, can help ease the stress and tension you may be feeling during changes and provide a sense of comfort.

Change your perspective

Perspective is the window through which you view life, situations and other people. Even amid challenging times, keeping an optimistic viewpoint is possible and can help you move forward. To change the way you are looking at things, you need to change your emotional and mental inputs. Find sources of positive influence such as books, blogs and podcasts that help you to see the whole picture and find the good in change.

While changes might not always be welcome, they are an important part of personal growth. Take a new perspective and tackle change with a positive mindset, but don't hesitate to reach out for support if you need it!

The Meditation Toolkit

Meditation can have a positive impact on emotional and physical health. Reduce your stress while boosting your self-confidence, empathy, compassion and patience by practicing mindful meditation every day.

For resources, practices and tips, visit www.meditate.tools today.

Small Steps, Big Differences

You don't have to alter your life to see improvements. Small changes and habits can make significant impacts on your overall mental health. Starting small and focusing on changing one thing every few weeks or month can lead to greater happiness in your daily life.

- **Wake up early!** Getting up earlier helps boost your creativity. Getting to bed at a reasonable hour to get up earlier also helps with productivity. By doing so, it will help give you the feeling of having accomplished something within the day.
- **Practice good hygiene.** Respect yourself by taking care of yourself. Put in the extra time to do your hair or put on a nicer outfit. Watch your personal hygiene. Individuals who take care of themselves are more respected by others in addition to gaining more self-confidence.
- **Get a few minutes of movement.** While getting thirty minutes of exercise a day is ideal, recent studies conclude that short cardio bursts throughout the day are enough to improve blood pressure, blood sugar levels, endurance and other important health markers. Consider taking the stairs up to your office or riding your bike to and from work.
- **Add some veggies.** Try adding one serving of vegetables to your plate to increase your fiber, protein and omega-3s intake. Think cruciferous vegetables like arugula, broccoli, kale and brussels sprouts to get your daily dose of antioxidants and detoxifying nutrients.
- **Know where you stand.** Stick to the things you feel are right and take a stand. You don't have to be loved or even liked by everyone. Life is about being loved by the few who see who you are and respect what you believe.
- **Smile!** Finally, don't forget to smile! Spread some kindness to others by smiling at people during your walks. A simple smile can go a long way in making someone's day.

Pick one or two of the habits above to take the first step towards a happier, healthier life.