

Time for a Spring Makeover? Your EAP Can Help!

A quick review of popular TV shows makes it apparent that we love the “makeover” concept! Whether the focus is a room, a house, a car or one’s waistline, there’s clearly something captivating about observing the “before and after” process in action. And since spring is a time of reawakening and renewal, this might be a good time to embark on a makeover of your own.

Your Employee Assistance Program provides you with the tools to engineer various types of personal makeovers, including:

- **Professional:** A quick scan of the 52 online trainings available under *Personal Development & Training* at your Premium Information Resources Website will reveal a wide range of possibilities. Topics range from learning to speak in front of a group to managing stress and achieving personal goals. Upon completion of each course, you will receive a certificate which you may wish to present to your supervisor as evidence of your newly acquired skill set.
- **Interpersonal:** Perhaps you would like to improve the way you interact with your co-workers – especially those who can be a bit difficult! A great place to start would be to click on the video entitled **Job Stress: How to Keep Your Cool**, which is located under the Behavioral Health section of the Information Resources site. A good follow-up article to read might be **How to be Assertive, Not Aggressive, at Work**.
- **Physical:** Begin with a visit to the *Wellness Center* at the Information Resources site and see

how you do on the healthy eating quiz before moving on to the **Essentials of Nutrition** presentation or any of the other eight nutrition videos available.



Now it’s time to get into action and a good place to start might be to explore the special health and fitness member discounts listed under *Lifestyle Benefits*. Your choices may include 50% off a **Jenny Craig®** program; a cost-free nutrition evaluation from **Apex Nutrition®** or taking advantage of deeply discounted monthly rates for ESI members at any **Bally’s Total Fitness®**.

- **Attitudinal:** If you change your thinking, you can change your life. If you find that your perceptions and thought patterns are self-sabotaging, you can begin to make immediate changes by initiating a dialogue with an experienced EAP counselor who is only a toll-free call away. Your path to a more positive attitude may involve continued telephonic discussions or perhaps a referral to a local ESI counselor for cost-free, face-to-face sessions.

It’s one thing to **watch** others achieve dramatic makeovers on television – but quite another thing to actually **experience** a significant, personal makeover. With a little help from your EAP, get into action and let the journey begin!