

EMPLOYEE ASSISTANCE PROGRAM

6 TIPS TO STAY FOCUSED ON YOUR TOTAL WELL-BEING



Well-being isn't just about physical fitness or eating well. It's a holistic approach to how life is going and encompasses all the things that are important to each of us and how we experience our lives.

Practicing the following tips can help you stay focused on your total well-being across six essential areas:

1. Career – keep motivated and work towards what you want, increase your knowledge and skills to accomplish your goals, find the benefits and positives in your current role.
2. Social – maintain and build strong, healthy relationships, share your feelings honestly and ask for what you need from others, listen without judgement or blame.
3. Financial – plan ahead and set money aside to become more financially secure, take advantage of a company-sponsored retirement account and speak with a financial professional through EAP.
4. Physical – get enough exercise, eat a well-balanced diet, prioritize sleep, avoid substance use and obtain preventive care services.
5. Community – give back by volunteering, form professional relationships, join a club or sports team to learn new skills and meet new people.
6. Emotional – manage your stress and strive for balance, practice self-compassion and mindfulness to slow down and stay in the present moment.

Visit eap.calhr.ca.gov or call 1-866-EAP-4SOC to learn more about EAP services.

Visit eap.calhr.ca.gov or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.