

Upcoming Online Seminars

6/1/20 – Improving
Self-Esteem

7/1/20 – Building a
Drug Free Workplace

8/1/20 – Change is
Constant

9/1/20 – Challenging
Negative Thoughts

To watch these online seminars, login to www.supportlinc.com and click on the 'Monthly Feature' tile. Scroll to the end of the article to find the featured seminar link.

Finding Motivation in Challenging Times

When life seems unpredictable, you may need some new approaches to get and stay motivated. Check out seven simple tips to use when you are struggling to make progress:

1. Track Your Priorities

At the beginning of each day, make a list of the tasks you need to accomplish. Complete the easiest or most important ones first to gain a sense of achievement and start building a positive outlook for the rest of the day.

2. Avoid Complaining

Try to catch yourself and stop right away when thinking negatively or complaining to others. Take a moment to think about things that make you happy or share something you're grateful for instead. With regular practice, you can shift your attitude in a more optimistic and productive direction.

3. Find a Partner

Setting a time to regularly check in with a family member, friend or co-worker will help you stay on task. You will not only feel more motivated, but it will also add some 'normalcy' to your routine.

4. Don't Sweat the Small Stuff

If you've fallen behind on a project or task, beating yourself up can make it harder to get back on track. Step away to seek a new perspective. Reevaluating can help you come up with a different plan of attack.

5. Find Positivity

Connecting with upbeat people will help boost your morale. Find inspirational quotes. Smile and laugh more. Increasing positivity in your mindset helps you push through obstacles.

6. Celebrate Little Victories

Reward yourself by celebrating your success, no matter how small. Pat yourself on the back, take a quick break, or have a healthy snack. Acknowledging each milestone will motivate you to keep moving forward.

7. Remember Why You Started

When in doubt, revisit your goals and targeted outcomes. Visualize what you want to achieve. Being mindful of the 'big picture' can help you refocus, find your second wind and cross the finish line.

Source :
<http://www.wellbeing.place/home/2020/4/23/tips-for-staying-motivated-during-challenging-times?rq=motivation>

**For the services available
through SupportLinc, call
1-888-881-LINC (5462)
or visit www.supportlinc.com**

Coronavirus (COVID-19) Toolkit

The COVID-19 pandemic has added new life stressors and increased mental health concerns. This toolkit provides resources you need to stay informed as well as take care of your emotional wellbeing.

To view the site, visit <http://coronavirus.eaptoolkit.com> today.

A New Way to Boost Your Resilience

Coping with the coronavirus (COVID-19) pandemic may be difficult on your emotional wellbeing. Developing resilience – the ability to overcome life's challenges while adapting to adversity – will benefit your mental health.

'Resilience Boosters' are designed to help build personal resilience during these times of increased stress, anxiety and depression. Each short, guided exercise will help you cope with negative feelings while also strengthening your overall emotional fitness. Visit your web portal and choose from:

Relaxation for Coping

Worries, fears and anxieties can often feel overwhelming during a pandemic. Those emotional concerns can also become overwhelming as you adjust to a new 'normal' – both at home and with your work. When this happens, learning techniques to help you relax and cope with those stressors can help get you back to your best self.

Meditation for Loneliness

Shelter-in-place requirements may have left you feeling isolated and alone as you are away from friends, family and coworkers. This guided meditation was designed to help put you at ease, feel more connected and less lonely.

Resilience Meditation

Sometimes it may be difficult for you to feel settled and calm due to your fears or anxieties regarding COVID-19. Designed to help you find balance, this guided meditation will allow you to feel more centered and safer whenever you begin to feel anxious.