

# Solutions

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## Exercise Your Way to a More Positive Mindset

Exercise offers well-known benefits for physical and mental health, but there's another reward worth noting: a brighter, more positive mindset. When you're tired, unmotivated, or tempted to postpone your workout, it's easy to forget how energizing even a short session can be. Regular physical activity triggers the release of endorphins—your body's natural feel-good chemicals—lifting your spirits and reducing stress.

The more regularly you exercise, the more likely you are to trigger this effect. Beyond the immediate mood boost, exercise fosters a sense of accomplishment, improving your outlook and building resilience. Remind yourself of this payoff. You may discover that an upbeat mindset is your greatest reinforcement for improving your health through regular exercise.



## Stress Tips from the Field: Manage Stress with the 24-Hour Rule

The “24-Hour Rule” is one of the most powerful stress management techniques. When stress is overwhelming, this mindset encourages you to focus only on what you can handle or control right now and avoid focusing on worries until tomorrow.

This approach allows you to categorize your concerns, giving your mind the space to process immediate challenges without the added burden of future uncertainties. Limiting your worry to a specific timeframe creates a psychological buffer that can significantly reduce anxiety and improve your overall well-being. Consider your past; how often have you experienced extreme worry over a moment or circumstances you had no solution or control? And still, here you are today with those things now in the distant past—many of which you can't even recall!

In the moment, it is easy to forget this stress management technique that relies on the reality that circumstances change, solutions emerge, and perspective shifts. And if one day at a time feels too harsh, try taking it one hour at a time.

## Get Unstuck from a Rut

Most employees feel secure in their jobs but are stuck and unable to move up. Feeling stuck can be emotionally draining, reduce productivity, and negatively affect your life outside of work. Please don't stay in this indeterminate state because it can lead to long-term dissatisfaction and even health consequences. Take proactive steps to get some happiness back and overcome your feelings of stagnation.

Set goals for yourself despite your current status. Identify what part of your job you like best and focus on building your expertise there, or even focus on courses to develop additional skills, volunteer opportunities, and mentorship. Connect with coworkers with whom you have good chemistry. These positive interactions can give your job more meaning. Pursue hobbies, side projects, or community involvement initiatives that bring joy and a sense of achievement. Don't just leave work; go home and hit the couch. Instead, take action to cultivate a fulfilling and more dynamic life. This includes reaching out for EAP help. Source: [www.glassdoor.com/blog/worklife-trends-2025/#Trend1](http://www.glassdoor.com/blog/worklife-trends-2025/#Trend1)

## Breaking Free from Holiday Perfectionism Stress

It's impossible to avoid images of holiday perfectionism—Hallmark® movies, flawlessly decorated homes, stacks of presents, and idealized family gatherings. If you are looking for less stress this year, the secret is redefining what perfect means. Shift your focus from flawless decorations, meals, and gifts to meaningful connections and personal joy.

This means asking yourself what truly matters this season and letting go of the rest. Instead of preparing a holiday dinner that takes three days, plan something manageable and delegate it. Resist the pressure to attend every event. Go for the experiences, not the things. Instead of focusing on picture-perfect moments, consider the perfectly joyful ones not wrapped in a bow—laughter, connection, and some moments of peace.



## Health Coaching

FSEAP's Health Coaching service connects individuals with certified health coaches who embrace a holistic wellness philosophy that involves working with individuals from an "inside out approach": achieving small, incremental steps based on the individual's goals, readiness, values, beliefs, pace, and tolerance to change and priorities.

Our coaches assist individuals in making positive lifestyle changes (e.g., meditation, weight management, nutrition, stress management) through assessments, health and wellness resources, exercises, and 1-to-1 personal coaching. This unique coaching approach, combined with web-based resources and wellness workbooks, results in a positive experience and long-lasting change.

For confidential assistance or to learn more about the Health Coaching service, Contact FSEAP.

