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Are you selfless or losing yourself?

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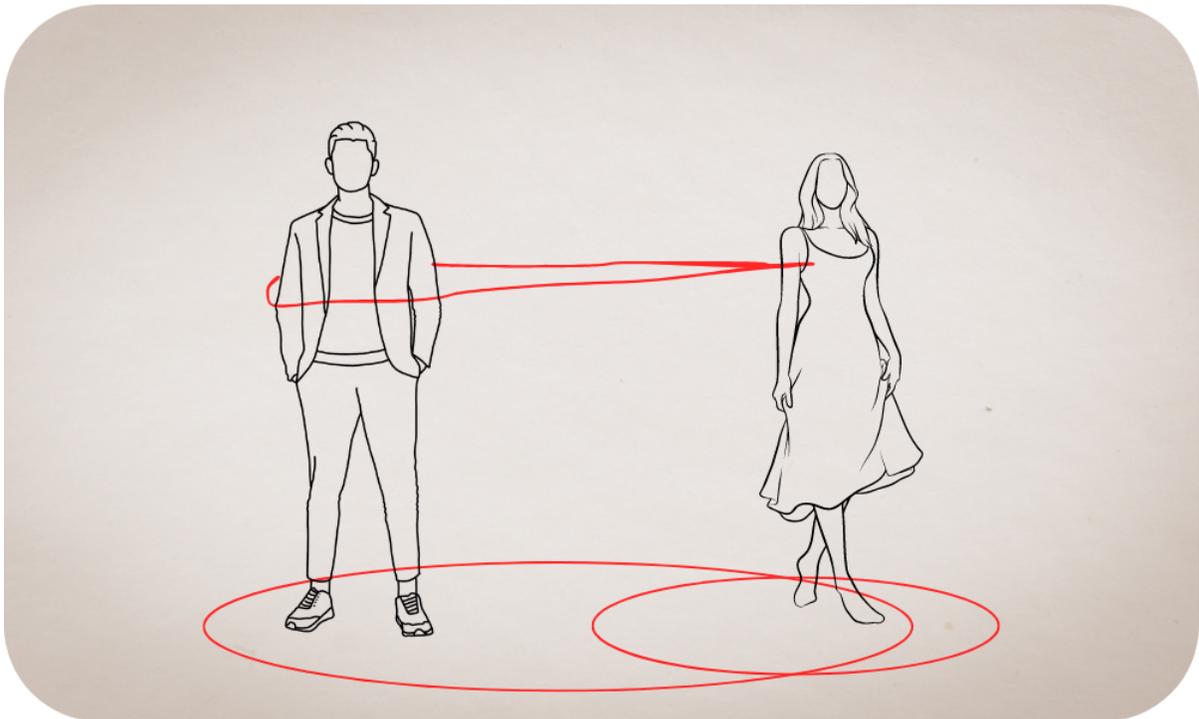
Wed, Aug 9, 2023 at 9:10 AM



life Happens

HEADLINES

AUGUST 2023 | EMPLOYEE EDITION



Are you selfless or losing yourself?

Do you find yourself pouring so much time, attention, and effort into a relationship that you lose yourself? The drive to help loved ones when they endure difficult situations is normal! Empathy is foundational to forming and maintaining healthy relationships, but it's often mistaken for a different, dysfunctional behavior; codependence. While empathy brings connection, understanding, and positive change, codependency can leave you empty, resentful, and drained. Let's distinguish between selflessness and losing yourself in a codependent relationship.

Difference Between Codependency and Empathy



Commit to Movement

Moving your body isn't just about getting stronger; it's the secret to boosting your brainpower, staying healthier, and living your best life now and in the future! Embrace the challenge to commit to moving by using August's Monthly Motivator to help track your progress!

Focus on fitness by committing to at least three activities from the list below.

- Take 10 minutes to stretch
- Try an online workout
- Explore a trail or walking path
- Go for a ride – bike, skate, blade, or scoot!
- Reach 7,500 steps/day

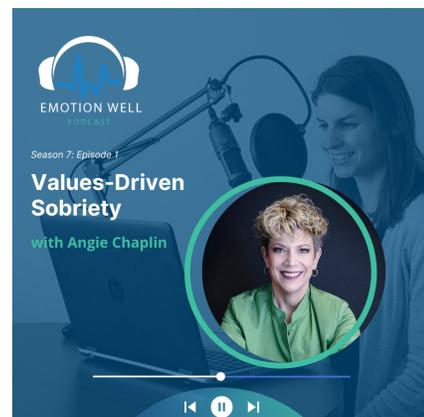


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Download the August Monthly Motivator

Values-Driven Sobriety

Join Emotion Well as we sit down with Angie Chaplin as she shares her raw and powerful journey to sobriety. In this candid conversation, Angie reveals her struggles with career shifts, grief, and relationship woes that led her to lean on alcohol for a decade. After a life-changing wake-up call and attempts to heal through conventional paths, Angie found her lifeline: identifying her core values. Don't miss this powerful reminder that true liberation lies within ourselves.



Listen to the conversation

We're Here to Help

Put Our EAP to Work

Life happens, and as a national, full-service Employee Assistance Program provider, we help organizations maximize their productivity and profitability by caring for their most important asset; their people.

From caring for your team members' total well-being, to equipping managers to lead with their best selves, to empowering organizations to develop healthier cultures, we transform workplaces into human-centric environments that are better for people - and your bottom line.

Put Our EAP to Work for Your Organization



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