



# EAP: In Focus

Volume 18, Issue 2  
Newsletter of your Employee  
Assistance Program

SPRING 2018



## Spring Cleaning

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...

• Just call  
**1-800-226-7930**

It's the beginning of spring, when many of us focus on cleaning out closets, drawers, books and clutter. It's interesting that we are not as excited to embark on "emotional cleansing." Why not take some time this week to inventory old behaviors and patterns that keep us in a constant state of drama — and clean them out along with the dust bunnies?

Emotional cleansing is an

art form: It takes practice as well as a deep commitment to shifting your thinking. But you can clear out unproductive thinking, negative self-talk and the clutter of past experiences. Just like cleaning out a closet, this kind of cleaning requires a sorting process (what to keep, what to discard, what to give away). Sit down with your journal or a piece of paper. In the moment, ask yourself,

"What emotional respons-

es do not serve me?" Don't edit your thoughts. Write down what comes to you. Then, create a set of goals that you will begin to implement in the next six months. Include only those goals that you will commit to doing. You do not want to set yourself up for failure. For example: *I will count to 10 before I speak when I am angry.* Don't forget to celebrate when you are successful! Call your EAP if you want help.

**Visit our updated website. We have included new information, and made the navigation much easier!**

**[www.synergyeap.org](http://www.synergyeap.org)**

### Quotation Corner

May your choices reflect your hopes, not your fears.

Nelson Mandela

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**Caring, Confidential,  
Convenient**



CHECK THESE OUT!!

WWW = WEB PAGES  
WORTH  
WATCHING



Benefits of spring cleaning

Interesting article on the benefits of spring cleaning

<https://www.psychologytoday.com/us/blog/the-new-you/201504/the-psychology-spring-cleaning>

## *Getting kids involved in Spring Cleaning!*

### Play a sorting game.

Organize toys, books and electronic games. When kids' belongings have clearly designated storage spaces, children are more likely to put them away when they're done playing. Transparent, covered storage bins are great because they keep the dust out, they're stackable (and save space), they're portable – some even come with wheels! – and they allow your kids to see what's inside without having to read labels. Ask your child to sort

like toys with like toys – cars and trucks in one, dolls or action figures in another, etc. Books can be organized any number of ways, including by size, author, or subject matter. Ask your child to go through her personal library and select five books that she is willing to

get rid of. But first, let your child play the role of a storyteller and have her read one or two of her favorite books to you. Set one or two more aside for bedtime reading that night. Once she is reminded of how many great stories she has, she should be amenable to letting go of some ones she may have outgrown or become tired of. DVDs, CDs, and computer games can be tackled next. Unwanted items can be donated to charity. Make sure you celebrate together at the end of the day— watching a video together you found during clean up, ordering pizza, something you can all enjoy.

