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The dark side of staying positive

1 message

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EFR EMPLOYEE & FAMILY RESOURCES

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MARCH 2023 | EMPLOYEE EDITION



The Dark Side of Staying Positive

Searching for the silver lining gives us hope for the days ahead. Sayings such as “this too shall pass” can provide comfort in the knowledge that pain doesn’t last forever. But there’s a dark aspect to solely focusing on the bright side. Despite the best intentions, turning your back on life’s storms to maintain a sunny outlook hurts your health and relationships. Slapping on a smile to avoid facing a painful reality is an avoidance mechanism that disconnects you from yourself and the world around you.

The Dark Side of Staying Positive



Commit to Nutrition

Food is fuel, and nourishing your body with a balanced diet ensures it receives all the nutrients, vitamins, and minerals it needs to function its best! Use March's Monthly Motivator to track your progress as you commit to nutrition.

Fuel your mind and body by practicing good nutrition!
Commit to at least three activities from the list below.

- Drink half your weight in ounces of water. [Check out all the ways hydration fuels you!](#)
- Read a nutrition label
- Make half your plate fruits and vegetables
- Pack a healthy lunch. [Learn how to prepare a fast healthy meal with Dietician Susie Roberts](#)
- Reorganize your fridge and pantry



[Download the March Monthly Motivator](#)

We're Here to Help

Put EFR's EAP to Work for Your Organization!

Life happens, and we understand personal issues can impact your professional performance. That's why our EAP provides confidential services to employees and their family members. *We're here to support you so you can overcome challenges to reach your full potential!*

Discover all the benefits our EAP provides by connecting with us at info@efr.org or visiting efr.org/programs-services/employee-assistance-program

Explore EAP Benefits



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

Explore Webinars



Confidence: An Inside Job

Barb Ranck joins us to discuss what imposter syndrome is and what it isn't. She shares scenarios from childhood that could predispose someone to imposter syndrome and provides different ways for us to think through our insecurities. Barb reminds us that when you give yourself grace, space, and time, anything is possible and you can lead an authentic life.

[Listen to the conversation](#)



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