

One Source EAP Connections

Positive Affirmations

April 2022

Affirmation

Definition: a positive assertion; the action or process of affirming something or being affirmed; emotional support or encouragement. In short, an affirmation is positive self-talk. Positive affirmations are phrases you can say, either aloud or in your head, to calm yourself and build yourself up — especially in the midst of difficult situations. And research shows that [positive affirmations work!](#)

Positive affirmations take practice. As the saying goes, we are our own worst enemies. Being positive with ourselves may feel odd at first, but will pay off in the end. Find the affirmations that work for you and feel authentic, then say them to yourself every day - maybe more than once - not just during difficult times. Here are a few affirmations that you may find helpful:

“I am strong enough to handle my current situation.”

“ I choose to feel calm. I am in charge of my breathing.”

“I am right where I need to be.”

“I do the best I can.”

Positive affirmations might help you during a difficult time, but if you can't seem to shake persistent feelings of self-doubt and low self-esteem, it may be time to call One Source EAP at **1 (800) 300-0628**. Calls are answered 24/7/365 and are completely confidential.



Anxiety Over the War in Ukraine

Our thoughts go out to all with family, friends and loved ones in Ukraine. The news and images are disturbing for all of us, but especially those with close ties to Eastern Europe.

We know this new development can bring anxiety to the surface. Here are a few tips to managing any anxiety you may be experiencing:

1. Talk about your fears with friends and colleagues.
2. Don't let social media and news of events consume you – known as “Doomscrolling.”
3. If your anxiety becomes overwhelming, call One Source EAP at **1 800-300-0628** for free, confidential counseling.

New One Source EAP Seminars for You and Your Teams!

One Source EAP is continually looking for ways to help you and your teams by adding to our seminars and workshops. Recently we added three new topics you can schedule for your next team meeting:

- ⇒ Yoga & Mindfulness for Mental Health and Wellbeing
- ⇒ Ergonomics and Proper Body Movement
- ⇒ Mastering the Mindful Meal

[Click here to schedule a seminar](#) for your team.

