

One Source EAP Connections

Power Up Through Self-Awareness

August 2022

Self-awareness happens when we direct our attention to what we think, feel and experience, how we impact others and how these things fit with our values. Self-awareness is at the root of a strong character. Research suggests people who see themselves clearly are more confident, more creative, make better decisions, build stronger relationships, communicate more effectively and are just happier. Self-awareness is a critical emotional intelligence skill and has the power to change your life.

Summer is a great time for self-reflection. The great outdoors beckons, allowing us the space and time to think about how both our **internal self awareness** (strengths and weaknesses) and our **external self-awareness** (how the world sees us.) This is the starting point for self-improvement.

The caution for self reflection is not to ask “why” questions, “Why did I do that?” and instead ask “what” questions, “What can I do differently?” “Why” questions look to the past and introduce personal bias, while “what” questions help you move forward in a positive way.

As always, if you need help with sorting through the difficulties in life, call One Source EAP at **1 (800) 300-0628**.

Calls are answered 24/7/365 and are completely confidential.



Three Ways to Be More Self Aware

Self-awareness takes practice on a regular basis. But like any exercise, you'll get the most out of when paying attention to good form. Below are our favorite ways to flex your self-awareness muscles:

1. Meditate to become present in the moment. Ask yourself ...
“What am I trying to achieve?”
“What am I doing that is working?”
“What is slowing me down?”
“What can I do to change?”
2. Write down your key plans and priorities, then track your progress.
3. Ask trusted friends how you come across to others.

One Source EAP Can Help Your Self-Awareness Journey!

One Source EAP provides seminars to help your team become more self-aware, which can lead to better communication and stronger teams. Seminars such as “Power of Self-Awareness,” “Yoga & Mindfulness” and “Developing Emotional Intelligence” can jumpstart the self-awareness journey. [Click here to schedule a seminar](#) for your team. Learn about the wide range of Seminar topics on our [seminar page](#) on our website.

Many of our Calm Collections videos, including “Journey to the Beach” provide a guide to meditation and self-reflection. [Click here](#) to check out all of The Calm Collection videos.

