

## EAP Matters

### *The Courage to Heal*

Spring is here and is a season that brings growth and renewal. In a very real sense, spring embodies opportunity to heal and provides sustenance for body, mind and spirit.

The following are some of Ellen Livingston's (founder of Living Yoga Now, a yoga studio and learning center in Ann Arbor, MI) "*21 Practices for Challenging Times*":

**Patience** – Healing can be slower than we'd like. Nature has her own agenda! It gets easier when we accept this fact and just flow with the natural current.

**Loving Kindness** – Our natural compassion is most easily directed outward toward our fellow beings. Health and healing require that we practice extending loving kindness and deep compassion toward ourselves as well.

**Perspective** – If we look around we will see someone faced with a challenge greater than ours. This will always give us a quick dose of perspective! And we can appreciate that our life is precious.

**Pace** – Sometimes we simply need more rest than we find convenient or even comfortable. By surrendering to our body's requests for rest and actually filling that well, we greatly increase our odds of healing from whatever ails us.

**Deep Inner Listening** – Sometimes we must be very still and quiet to hear the most important messages from the all-knowing place deep within us. We really do have the answers we need, but we often aren't really listening.

**Gratitude** – Having an attitude of gratitude for all that we have and all that we love keeps positive energy flowing through our being, and the chemicals released through this positivity will help our body to heal.

**Support** – We are never alone. It's easy to forget this when we are suffering, so it is especially important during these times to allow support people into our lives, and to foster our spiritual connection.

**Personal Responsibility** – The ultimate truth is that we each must heal *self*. No one else can do the work for us. We will not heal completely until we take full responsibility for our own well-being. This may be the single hardest lesson we will face in this lifetime, and the most rewarding to master.

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