

OPTIMA EAP THOUGHT OF THE WEEK - 11/02/09

“I need to take an emotional breath, step back, and remind myself who’s actually in charge of my life.”

~~ Judith M. Knowlton

When you travel by airplane, one of the safety instructions explained by the flight attendant is the importance of putting on your own oxygen mask before helping anyone else. The reason being, if you are so busy assisting others you might not have time to put on your own mask before ending up in a dangerous situation. You are certainly no good to anyone else passed out on the floor! But with *your* mask on, you will be able to help those around you.

Think about how those safety instructions might parallel other things in your life. How many of you are so busy helping everyone else that you have no idea how close you are to danger since your own needs are not being met? It is so easy to get trapped into thinking that service to others is more important than service to yourself. To put your own wants, needs, and desires ahead of the wants, needs, and desires of those around you may seem selfish.

Actually, it is not selfish at all. Just like with the oxygen masks, you have a responsibility to care for yourself first so that, in return, you may care for others. Investing some of your time and energy in pursuit of the things that bring you joy, nourish your soul, and recharge your energy actually puts you in a better position to help those around you.



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777

Visit our EAP Web site at www.OptimaEAP.com for additional topics & information.