

# Solutions

Health and Wellness Information from  
Family Services Employee Assistance Programs (FSEAP)

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Newsletter



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## What if I am good enough, just as I am?

What if you were able to accept that you were good enough just as you are? How uncomfortable did this question make you feel? Did you feel it in the pit of your stomach? Did the words “yeah, right” sarcastically pop into your mind? For many of us, self acceptance is still a difficult concept to embrace.

This summer we would like to ask you to challenge your inner critical voice and further investigate the question: “What if you were able to accept that you were good enough, just as you are?”. While movies, such as “Eat Pray Love”, encourage people to follow their dreams, this is not always possible for those of us who cannot drop all of our responsibilities and travel the world in order to “find ourselves”. What we can do is gain a new perspective on ourselves and shift our thinking away from the inner discord and discontent that can leave us feeling disempowered and trapped.

We would like to challenge you to **appreciate** your life; to create a zest for living your life, for accepting the person you are, and for being grateful for the things you have. This does not mean ignoring the issues and concerns you may have about your life and well-being, but accepting that sometimes we need to make

changes that will improve our mental/physical health and safety.

Research in the area of Positive Psychology has proven the connection between gratitude and happiness. The more people can identify things to love and be grateful for, the greater fulfillment and satisfaction they tend to feel.

You may think, “well, if I had x, y and z, I’d be grateful too!” And you may be right. But the trick is to notice and appreciate the small things that we have in our lives already and recognize that they might not be as insignificant as we thought. Gratitude is considered by Positive Psychology to be a personal strength, something we can learn and develop through our experiences with life, not something that is conditional on what we have or own.

Our world sends us messages every day that attempt to define what success should look like. When we allow our lives to be filled with these expectations we no longer evaluate life on our own terms. We can re-empower our playful, energizing and life-enhancing qualities and

### Quote of the Day:

“If we can accept the fact that the grass is as green as it needs to be and that it’s possible for us to be happy right now, then our lives will be easier.”

- Richard Carlson

**fseap** Now we’re talking.

From time to time we all deal with difficulty in life. Sometimes it can be helpful to talk with a trained professional – someone who is objective, caring and experienced at helping with the particular issue you are facing. Contact us to find out more about our counselling and work/life services. Call 1-800-667-0993.



counter life's challenges we experience in our work, responsibilities and duties. We can revitalize ourselves in many ways; here are some techniques to try:

### 1. My gratitude list:

What are the small things that bring you joy, pleasure and passion? Generate a list of the 10 top things you love and are grateful for in your life. For example, "giving my son a bedtime hug and feeling his tiny, bony arms hugging me tight", "my ability to have a choice", "take-out on Friday night", "fresh air". These statements should be simple and basic. Reflect on these everyday and say "Thank you" to yourself as you read them.

### 2. My positive self statements:

Develop a list of at least ten positive statements about yourself that are meaningful and true. For example, "I am an enthusiastic, reliable employee", "I am funny", "I am good at watching TV", "I am a loving, fair parent (most of the time)". These statements should be simple and basic. For 10 to 15 minutes each day find a relaxing place to consider the statements, let them sift into your being. Do this as often as you are able.

### 3. Savor yourself:

Fred B. Bryant and Joseph Veroff of Loyola University are the founders of a small field of study that they call Savoring. Savoring is the awareness of pleasure and of the deliberate and conscious attention to the experience of pleasure. They say that Savoring is promoted by:

- **Sharing with others.** This is the single strongest predictor of level of pleasure. We are social animals. We need to share ourselves.
- **Memory-building.** Take a mental picture, take photographs or choose a souvenir of the event and reminisce about it later with others.
- **Self-congratulations.** Don't be afraid of

acknowledging your strengths and successes. Focus on your achievement and the fact that others are impressed with your efforts.

- **Sharpening your perceptions.** Listen more closely to sounds and voices around you. Notice sounds, sights, smells and your feelings in your daily environment.
- **Absorption.** Let yourself become totally immersed in your hobbies, work, play or activity. Do not let yourself be half present. Be in the moment.

Your EAP Counsellors would be honored to help you on your journey.

**YOU ARE GOOD ENOUGH JUST AS YOU ARE**

Our contact information is listed below.

#### Resources/References:

- **Savoring: A New Model of Positive Experience:** by Fred B. Bryant and Joseph Veroff  
This book is about savoring life—the capacity to attend to the joys, pleasures, and other positive feelings that we experience in our lives.
- **Authentic Happiness: Using the new Positive Psychology to Realize Your Potential for Lasting Fulfillment:** by Martin E.P. Seligman - Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life.
- <https://www.authentic-happiness.com/>

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With over 20 years clinical experience Jung brings a broad range expertise to her work as an EAP Counsellor. She holds certifications in many therapeutic modalities, is a Registered Clinical Counsellor, and a Registered Marriage and Family Therapist.

## How your EFAP can help

- ✓ Confidential services
- ✓ Information to help with work and life
- ✓ Immediate assistance 24/7/365

To access **fseap** services, just call  
**1.800.667.0993** | TTY 1.888.234.0414

Please visit our website : [www.fseap.bc.ca](http://www.fseap.bc.ca)