



BEING YOUR BEST!

Each one of us is unique. Every person sees and relates to the world differently. Being mentally healthy includes a wide range of possibilities. The following traits contribute to living a well balanced and happy life.

Self Esteem

Do you value yourself?
People with a good sense of self esteem know their own value and don't always rely on others to tell them they are worthwhile.

Life's Challenges

Are you able to "roll with the punches?" Successful people are able to handle challenges at each stage of life, even though they might be temporarily put off by them.

Flexibility

Are you flexible or do you always have to be right? If you make a mistake, accept them as mistakes and not moral failings and admit them readily.

Realistic Expectations

Do you expect too much of yourself? Of others? Set realistic goals about what you can accomplish and don't be afraid to say no to yourself or others when it's clear the expectation is too great.

Acknowledge Feelings

Are you aware of your feelings? We all have feelings that may sometimes seem irrational. Acknowledge them and move on instead of denying their existence.

Accept Responsibility

Can you accept responsibility for what you do or the choices you make? While it's human nature to make excuses once in a while, accept responsibility for your actions and refrain from blaming others.

Ask for Help

Can you ask for help? Sometimes it's hard for us to admit that we can't solve a problem ourselves. Don't be afraid to ask for and accept help.

If you'd like to improve your life in any area or have other issues that hold you back from being your best, let us help you.

Sutter EAP has professional licensed and experienced therapists available to serve your needs.

Sutter EAP

Your Connection for Solutions

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***For information or to schedule an appointment call: (916) 381-2327 or (800) 477-2258
or visit our website at www.checksutterfirst.org/eap***