



*Give yourself some credit.*  
**YOU. ARE. AWESOME.**

It's February – the season for love notes, flowers and heart-shaped chocolates. Maybe that makes you feel all warm and fuzzy inside, or maybe it makes you want to fast-forward to March. Instead of putting pressure on your significant other or your relationship status, try treating yourself to some self-compassion this month.

**Be kind to yourself.**

Show yourself the same empathy and concern that you show for others.

**Connect with others.**

Spend time with people who make you feel understood and supported.

**Be mindful.**

Embrace each situation in the moment, and don't dwell on the "what ifs."

Self-compassion doesn't depend on your reaching ideal and possibly unrealistic goals. It comes from caring for yourself as you are, with your own balance of weak and strong points. If you need some help finding that balance, use your free Employee Assistance (EAP) benefit.

The EAP offers things like:

- Counseling when you're not feeling like yourself
- Consultations on almost any life situation
- Personal and professional training and coaching
- Digital self-help tools to take control of your mental health

Unsure about giving us a call? Start by attending this month's free webinars about *Cultivating Happiness Within Yourself* and *Supporting Your Employees' Well-Being* by clicking the link or visiting our homepage.