Kelly Sorenson <sorensonk@newton.k12.ia.us>

Procrastination habit? Try this easy hack

1 message

Employee & Family Resources <marcom@efr.org> Wed, Oct 11, 2023 at 9:01 AM
Reply-To: marcom@efr.org
To: sorensonk@newton.k12.ia.us

Hey Kelly, don't forget to remind your colleagues about their EAP benefit with tips to support their well-being by sharing the Life Happens Headlines!

EFR EMPLOYEE & FAMILY RESOURCES

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Mastering Motivation: The Science of Staying Driven at Work

We all have a perpetual resident on our to-do list. You may wait until the mood strikes to tackle the pesky task. Motivation, the catalyst for action and achievement, often feels elusive. But here's the scoop: you don't need to wait for motivation to strike before you act; it's a skill you can hone, nurture, and wield to your advantage.

By illuminating the inner workings of your brain's cue-desire-outcome loop, the mechanism that guides your habit formation and generates motivation, we'll

show you how to create a feedback loop that keeps your motivation engine running at full throttle, no matter what challenges lie ahead.

Mastering Motivation

Your free, anonymous online mental health community is waiting

As part of your EAP benefit, you have access to Togetherall - an anonymous, online support peer community.

Join the Togetherall Community

Commit to Prevention

Practicing preventative care is your ticket to a healthier, happier future. Taking proactive steps to protect your health adds years to your life and ensures those years are filled with vitality and well-being. Invest in your health today to enjoy a brighter and worry-free tomorrow by using October's Monthly Motivator to track your progress!

Download the October Monthly Motivator

The Transformative Power of Human Connection

Join us as we dive deep into the power of human connection. Our guest, Mary-Lyn, sheds light on the transformative perspective shift within the simple acts of reaching out to receive or offer help and the profound strength you can draw from realizing you're not alone.

We explore Togetherall, a remarkable platform that unites people from across the globe in a secure and welcoming space where they can share, connect, and provide invaluable support. Don't miss this fascinating discussion on the power of community and the shared human experience.

Listen to the conversation

We're Here to Help

Put Your EAP to Work

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us by calling 800-327-4692 or explore your benefits at efr.org/how-we-help/work

Explore Your Benefits

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