

SENTARA EAP THOUGHT OF THE WEEK - 4/28/08

*“Three Rules of Work: Out of clutter find simplicity;
From discord find harmony; In the middle of difficulty
lies opportunity.”*

~~ Albert Einstein

Are you pre-occupied, forgetful, miss meetings or after school activities with your children? That is a sure sign you have a lot on your mind and need to do a good mental de-clutter.

Mental clutter is that unfinished business in your life that gnaws at you in the background of your consciousness. Your mental clutter may include the projects you started and never finished, the stack of paperwork on your desk, unsorted photos, old clothes taking up space in your closet, junk piled in your garage, etc. These are things we notice, and tolerate on a daily basis. Anything you are tolerating in your life is holding you back! Tolerations cost you frustration, time, and inconvenience. Are you ready to move on?

Start small by picking one small space in your home and get busy! You will be amazed at the results. Make a commitment to yourself to spend ten to fifteen minutes per day for the next week sorting, organizing, rearranging, recycling, donating, and/or disposing of items in your home or workspace. If your desk is covered with paperwork, pick one area of your desk and start organizing. You will find you get momentum going once you realize how good it feels to have that small space cleared.

Once this process is under way, you will be amazed by the renewed energy you experience and the possibilities that surface for you!

Sentara 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



Log onto EAPOnline at www.jlab.org/hr/sentaraeap.html for additional topics & information.