

“A house is no home unless it contains food and fire for the mind as well as the body.”

~~ Margaret Fuller

What's on your “menu” for the day? Does it include so many items that it's hard to decide what you really want? Does it offer items that provide real nourishment or items with no nutritional value?

In today's fast-paced world with competing priorities and endless demands, we often hunger for more personal time, more experiences that lift our spirit, and more choices and control over the things that fill our work/life plate. We need to feed our souls as often as we feed our stomachs. A well-rounded diet would include things that provide for our emotional, spiritual and intellectual cravings, as well as meet the demands of our daily life. Think of your day as a full menu and consider what you would like to consume.

Beverage – Drink in the day that awaits you and all of its possibilities. Be careful interacting with others when your inner cup gets too steamy or too icy. Swallow pride and resentments. Pop into creative energy like you're opening a can of soda.

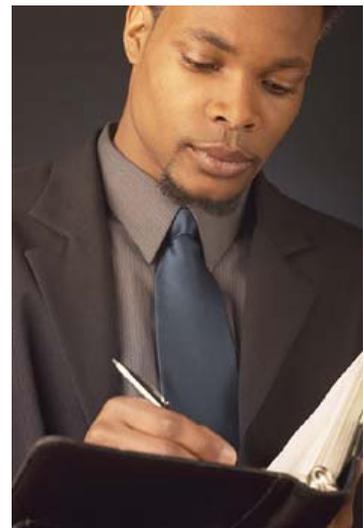
Appetizer – Recognize the things that take little bites into your time. Take a moment to prioritize tasks and explore opportunities to share duties. Snack on the small joys of life like a morning walk with your pet, an idea you had that was well-received, or getting good news from a friend.

Main Entrée – Know how much your plate can hold and don't overfill it. Understand which tasks are truly important and demand your immediate attention. Strive to make healthy and productive choices. Realize when you've consumed enough.

Dessert – Find the sweetness in life's busy moments. Recognize the icing on the cake. Reward yourself for accomplishments achieved and challenges overcome.

**"Our minds are like our stomachs; they are whetted by the change of their food, and variety provides both with fresh appetites."
- Quintilian**

Provide your soul with generous servings of things that feed your emotional, spiritual and intellectual appetite. Attempt to find healthy balance in your choices and give yourself time to digest all that you consume.



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