

OPTIMA EAP THOUGHT OF THE WEEK - 9/22/08

“Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life.”

~~~ *Henry L. Doherty*

A new school year is underway and children across the country can be found opening classroom doors as they open their minds, sharpening their pencils as they sharpen their understanding, and turning pages of text books as they turn corners in their intellectual development.

But learning is not limited to children. As adults, the entire world is our classroom, giving us a chance to learn something new every day. We even have the opportunity to re-learn something that we were introduced to a long time ago or that we did not fully comprehend the first time.

Continuous learning is healthy. It keeps us moving forward. It better positions us to deal with change. It enables us to shift our focus from blaming ourselves to improving ourselves. By welcoming learning into our lives, we open ourselves to new perspectives, hidden talents, surprising experiences, and unexpected joys.

With so many routines and responsibilities, how can we ignite learning in our lives?

- **Hit the books** – plan regular visits to the library; join a book club; stay current on news and events that impact areas of your life
- **Attend class** – pursue a new hobby; sign up for a course that interests you; join a professional organization
- **Go on a field trip** – explore new places in the world or in your own community; seek to understand different cultures and people
- **Look for teachers** – grow from the skill, perspective and energy of others; consider finding a mentor
- **Sit at a different lunch table** – expand your social circle; network; serve others
- **Do your homework** – keep a journal to note things you have learned; identify things about which you want to be better educated

**"Live as if you were to die tomorrow. Learn as if you were to live forever." ~~~ Mahatma Gandhi**

Learning is a gift that we can easily give ourselves. Instead of lamenting what we do not already know, celebrate what we have the opportunity still to learn. What will you learn next?



**Optima 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**

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