

OPTIMA EAP THOUGHT OF THE WEEK - 06/13/11

When tuning into your day, do you push the “play” button, or do you find yourself using “rewind” or “fast-forward”?

Some of us hit the “rewind” button more often than we should. We allow ourselves to focus on what we should have done or should have said. We catalog our regrets and hold on to old hurts. We constantly replay the way things used to be and wish longingly to return to times that have passed.

Others of us hit the “fast-forward” button too often. We focus so intently on the promise of the future that we do not allow ourselves to fully experience the gifts of the present. We speed through life believing that the best is yet to come, instead of making the best of today.

It is wise to both learn from the past and plan for the future, but it is most important to live in the present. Push the “play” button on your life and tune into what today is showing.



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

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

Visit our EAP website at <http://www.ilab.org/hr/sentaraeap.html> for additional topics & info.