

# EMPLOYEE ASSISTANCE REPORT

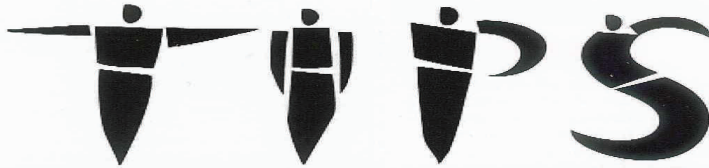
Volume 11, No. 11  
November 2008

supporting EAP professionals

## EAP Involvement in Fitness for Duty Evaluations

### L I F E S T Y L E

LifestyleTIPS® is a service of your EAP Provider:



Timely Information for Personal Success

## Use the RIGHT Formula for Balance

By Pat Heyldauff

"It's another rotten day — stuff keeps building up. Some medical issues have flared up, there's lots of stress related to my current clients, and I'm not sleeping well. I'm trying to work through it."

If this sounds like you, recognize that you can do something about it! The Feng Shui philosophy is designed to create balance in your life (or that of your organization) by focusing on areas that need improvement. Use the "RIGHT" formula to discover what's going on behind the scenes. Use the "RIGHT" formula to determine what in your life needs re-energizing or restoring:

✓ **R** — Review your physical health regularly. Is your body trying to work on a half-empty energy tank? Do you eat too much junk food? Do you exercise regularly? Whatever it is, take steps to correct it.

✓ **I** — Inventory your mental activities. Are you stuck in the right- or left-hand side of your brain? Do something on the right-hand side, like creative writing,

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painting, sculpting, etc. If your work primarily uses the creative right-hand side of the brain, balance it with left-brained activities like mind games (Sudoku, crosswords, etc.) and even physical activities like tennis, golf, etc.

✓ **G** — Get a life! Social activities cannot be overlooked. Regardless of how much or little you socialize, interact with positive, uplifting people!

✓ **H** — Hanging into negative thoughts from the past drains emotions and leads to discouragement, distraction, and pessimistic thinking. Take one hour a day to read something inspirational or

motivational. Consider *Your Best Life Now*, the Bible, or a book on uplifting quotes.

✓ **T** — Teach your mind that your heart and soul need nurturing and nourishing. Spend 15 minutes every night reflecting on an inspirational or motivational message. This will re-energize your spiritual side. Remember, treat yourself as you are, and you'll stay there. Treat yourself as you want to be, and you will become what you want to be! ❖

Pat Heyldauff is president of Energy Design, and author of "Feng Shui: So Easy a Child Can Do It." For more information, visit [www.energy-by-design.com](http://www.energy-by-design.com).

Lifestyle Tips Insert

November 2008