

Topics of CONCERN

BEHAVIORAL AND MANAGEMENT SOLUTIONS



Employee Assistance Program Newsletter

February 2018

WIDENING OUR LOVE LENS



It's February!

For a short month, February can be one of the longest and coldest months of the year. Perhaps that is why we have Valentine's Day this month.

February is the month of Love.

So the question is; how is your love life?

When we think about our love life, we often imagine our boyfriend, girlfriend, husband or wife. These are often the most significant relationships in our lives, the ones they make all the cards for in the card shop.

But real LOVE can be given and received in many ways. Consider this:

- If you are in a relationship make it a real priority. There will always be demands on your time, so your love life needs to come at the top of your list.
- Widen your love lens and notice all the wonderful people in your life and your community. Perhaps your dear friends, beloved pet or family members. Maybe there is a kind shop clerk who remembers your name. When we widen our love lens, we increase our connections in the world, and that will definitely warm you up this month.
- Don't avoid the difficulties in love. If you are struggling in your relationships or feeling a lack of love, learn to face the challenge rather than avoid it. This will make you stronger and your relationships more satisfying.

Remember that CONCERN can support you in improving your relationships and finding more ways to bring love into your life

CONCERN Behavioral and Management Solutions is a free benefit offered to you through your employer. We are here to partner with you in addressing:

- Therapy for individual, couples, and families
- Coaching for self-care, resiliency and mindfulness
- Workplace trainings, interventions and support for critical incidents

CONCERN's licensed clinicians provide confidential support for a broad range of problems such as:

- Stress and anger management
- Anxiety and depression
- Alcohol/drug misuse
- Grief and loss
- Adjusting to changes in life

Please visit Atlantichealth.org/Concern for information about our services.

Call us at 973-451-0025