



Healthy Lifestyles - What Gets in the Way?

Everyone has heard about the healthy lifestyle choices that people “should” make in order to lead a long, fulfilling life. You have read about the ideal diet that is low in fat, low in cholesterol, high in fiber and low in calories; about the need to limit your red meat intake and increase your fruits and vegetables. Right? You also have learned that 30 minutes of exercise daily is required to keep the heart healthy and the body toned and firm, fit and vigorous. And smokers have heard about the dangers of smoking to their health and that of their families. You have probably also read about how stress can negatively affect your health and how valuable stress management can be to your overall well being.

All this advice is very sound and I would venture to guess that most of you made a concerted effort to start programs to make healthier choices at some time in your life. I would also venture to guess that, for some of you, the changes were short lived and that despite the best of intentions, you soon found yourself back in the same habits that don't promote good health.

What gets in the way of our well-meaning intentions? Why do we lose our enthusiasm halfway to our goals? Do you remember hearing and stating the words/phrases “I can't, I'm too...” when explaining why you didn't reach that goal. These negative statements become a self-fulfilling prophecy and keep us from reaching our full potential. The practice has many names: saboteur, inner critic, gremlin, negative self talk or disempowering thought. But, they all describe the same thing, an internal voice that tells us we can't be successful, and we can't change.

Identify what that “gremlin” is telling you. What emotions does this negative talk evoke? Rather than neutral observations such as “this is difficult for me but I can do it” are you really telling yourself “this it is too difficult and I will not succeed?”

EFR offers life coaching as a tool to help you start to look at change in your life and recognize the saboteurs that are getting in your way. Life coaches can help you address wellness issues including weight maintenance and loss, smoking cessation, establishing exercise programs, dealing with stress and establishing work life balance.





EFR EMPLOYEE & FAMILY RESOURCES

RealLife Solutions

Coaches aid individuals in creating visions and goals as well as creating client generated strategies to support achieving these goals. Coaches focus on the whole person. The partnership with a coach provides structure, accountability, expertise and inspiration to enable an individual to learn, grow and develop beyond what she/he can do alone. Coaching sessions are scheduled by telephone to help clients clarify where they want to go and initiate the steps to get there.

If you feel stuck or want to get beyond your “gremlins” and achieve your personal goals, give yourself the gift of life coaching. There is no cost to you as it is part of your employer provided EAP benefit with EFR.



For other related articles check out the Achieve Solutions website found at www.efr.org. To access your EAP services call (515) 244-6090, toll free (800) 327-4692 or TTY (877) 542-6488.

The long days of summer are a great time to start making some of those life changes we put off the rest of the year. Read our blog post, [Yeah, Summer](#) and discover some easy ways to incorporate healthy change into your life.

Did you know... Employee & Family Resources' EAP counselors are ready to assist you and your family members around the clock, 365 days per year. Regardless of the time of day or day of the week, a counselor is available to listen and help you with your concerns. The types of concerns you can talk with your EAP counselor about include: feelings of sadness or depression, anxiety or panic, job stress, parent/child relationships, marital or couple relationships, drug or alcohol use, concerns for a friend or family member, self esteem struggles, overall wellness issues, and more.

This newsletter is provided by your employer in cooperation with your Employee Assistance Program (EAP) because we care about you and your family.

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