

OPTIMA EAP THOUGHT OF THE WEEK

December – Relaxation

Tension is who you think you should be. Relaxation is who you are.

- Chinese Proverb.

For most people, stress is caused by things such as a sense of obligation, a desire for perfection, a perception of being judged or not valued, and a yearning for control in chaos. These ideas leave little room for self-acceptance and self-compassion. We begin to relax when we start to accept who we are in the moment.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.
Call to schedule a confidential appointment with a licensed clinical professional.**

1-800-899-8174

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