

# OPTIMA EAP THOUGHT OF THE WEEK

## *December – Relaxation*

What does relaxation mean to you? Deep breathing, meditation, and mantras often come to mind. However, relaxing doesn't always mean being still. For some people, physical movement is the best way to create feelings of calm and peace. There are various mental and physical relaxation techniques that can help to enhance your personal well-being.

For additional information, sign into OptimaEAP.com with your username and type into the search box in the upper right corner of the homepage: **“Relaxation”**



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**

**Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.**



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