



# BHS A.S.S.I.S.T. Spotlight

March 2018

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



### Dreaming Big and Setting Goals

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## Dreaming Big and Setting Goals

“All our dreams can come true if we have the courage to pursue them.” Walt Disney

As humans, we all have dreams. We all think about and plan for the future. What are your dreams and what does your future look like?

By taking time to think about your future, you can chart a path to accomplish the steps required to get you there. Like any journey, you need a few things:

- 1. Begin with the End in Mind.** Where do your dreams take you? Does it have to do with your personal life, your work life, or both? Does it have to do with the legacy that you will leave? Any good journey begins with a destination in mind. It is only by having an endpoint that you can chart your course.
- 2. Chart Your Course.** Once you have your destination in mind, you must plot your course. Will you use the fastest-route-possible, GPS approach? Or will you take the scenic route and enjoy the journey? Where you are in life can affect this greatly.
- 3. Don't Go It Alone.** Any great adventure is better when you have friends along for the journey. Good friends not only enhance the experience, but can guide us back onto the path when we get distracted or lose motivation.
- 4. Stick to the Path.** While some divergences can be fun and interesting, it is important to keep your destination in mind and stick to the course. Even the smallest changes in course could put your destination out of reach.
- 5. Plan for Setbacks.** Even the best laid plans can get off-track at times. Do not let setbacks discourage you. Pick yourself up and get back on the path.
- 6. Celebrate Your Accomplishments.** When you finally achieve your dreams and arrive at your destination, take some time to celebrate that arrival. Thank those who have been helpful along the way. Most importantly, plan your next adventure. Never stop dreaming!



## Overcoming Fear to Become Courageous

**Fear is often a part of life that holds us back from being who we truly are.** Developing a sense of courage allows us to look fear in the eye, acknowledging its presence, but not letting it have a crippling power over us.

Courage is a characteristic that can be developed over one's lifetime. By doing this, you build resilience that will strengthen you during life's challenges. **Resilience is one of the traits most directly tied to happiness and contentment in one's life.** That alone makes it worth working on.

Any first responder will tell you that courage is not the absence of fear. Instead, it is facing that fear head on and doing what is necessary. Knowing this key fact is the first step to developing a stronger sense of courage.

Courage can be developed by slowly taking baby steps out of our comfort zones. Gradually, we may find that our minds have created an irrational fear that is not grounded in reality. **Take that first step.** While the tiny voice of fear may whisper in your ear to remain still, ignore it and take that first step into the unknown. By venturing into the unknown, you

may realize that it is not as bad as you previously thought. You may also find that your past experiences shape your present view of the world. **Just as you grow and change, know that your responses to past fears can change as well.** All of us have had experiences where our taste buds change with time and we develop a taste for new foods that we enjoy yet may have previously disliked. It's not that we were wrong about what we previously disliked, it's that we have grown, changed, and attempted new experiences.

We can also develop a stronger sense of courage by acknowledging that there is always more than one way to think about a situation. Often the version of the situation we have created for ourselves might be just one way of looking at it. **Are the fears that we have legitimate?** Could we look at the situation through a slightly different lens? By allowing for this broader perspective, we can open ourselves up to brighter possibilities than we first imagined.

Keep trying new things and exploring new opportunities, despite the fears that may try to hold you back. **Courage can be your key to a richer life!**



## How Stress Journaling Can Benefit You

Stress management techniques can affect every area of our life when we take the time to practice them. One of the first steps to minimizing stress in our lives is identifying both the stressors we face on a regular basis and the ways we attempt to deal with them. It is only after this that we can analyze how effective those coping strategies are working and make changes as needed.

One way to do this is to keep a stress journal. This can be a simple notebook where you jot down three key things when you feel stressed. The first column lists what the stressful event is. The second column lists how your body reacted to that stress and the last column lists what you did to cope with that stressful event.

By doing this over a short period of time, you will be able to identify patterns of behavior and events in your life that cause stress. You will also be able to see patterns in your coping strategies. Do certain events cause us stress? Do certain people cause us stress? Do we choose the best coping strategies? A stress

journal can give us a good, objective look at where we can make changes in our lives as we face regular stressors. This journal can also help you feel a sense of accomplishment as you gain more control over your life and the reactions that you have to these stressors over time.

If your stress feels out of control, your EAP can help. Call your BHS Care Coordinator at 800-245-1150 to discuss your available benefits.

### **HEALTHY RECIPE: GREEK KALE SALAD WITH QUINOA AND CHICKEN**

1/4 cup sliced jarred roasted red peppers; 1/4 cup Greek salad dressing, crumbled feta cheese, 4 cups chopped kale, 1 1/2 cups shredded cooked chicken, 1 cup cooked quinoa

Place kale, chicken, quinoa and roasted peppers in a large bowl. Add dressing and toss to coat. Top with feta, if desired.