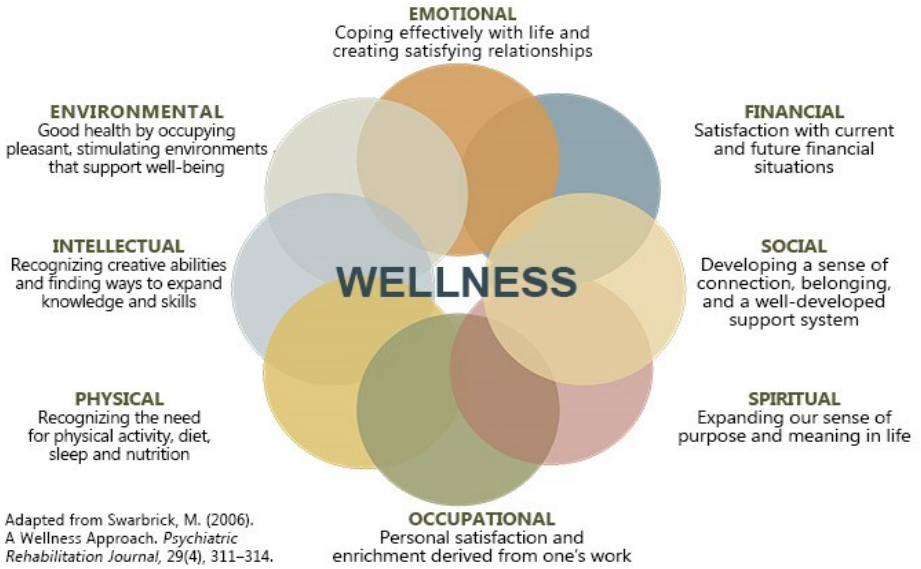


# SELF-COMPASSION IN 2021

EAP Monthly Newsletter



## 8 Dimensions of Wellness



### 30 Day Challenge:

Choose 1 dimension to focus on for the next 30 days. What can you change/add/take away from this dimension to add to your personal wellness? So much of 2020 was out of our control. Self-compassion means showing yourself some grace and mercy and accepting life's struggles as human nature. As we continue to be faced with functioning differently in order to meet life's demands, let's practice some kindness. Know that EAP is here for you and your family. We're all in this together!

**CFLR understands now more than ever your mental health is a priority! We have adapted our EAP counseling services to accommodate the new COVID-19 safety precautions. It's easy to set up an appointment just call 315-733-1709 or after 5pm 315-733-1726.**

**Brittany Higgins, M.Ed., LMHC EAP Coordinator/Therapist-Syracuse**

**bhiggins@cflrinc.org**

**Nadine Zesky EAP Coordinator– Syracuse**

**nzesky@cflrinc.org**

**Crystal Faria EAP Coordinator– Utica**

**cfaria@cflrinc.org**

