



the key

*Unlocking
Solutions
To Everyday
Problems*



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Say Something Positive

EAP COORDINATOR'S CORNER

Many years ago the author Ayn Rand wrote the famous books "Atlas Shrugged" and "The Fountainhead". These were classics in the early sixties. The one I remember most because it was so different from our Minnesota Nice Belief System was a book she wrote titled "The Virtue of Selfishness". In the book she described the need for self care. How can you help another without taking care of yourself? Remember the **key** to loving kindness is to love and be kind to yourself and caring for others will come naturally.



Robert Lyman, MSEd, LICSW
EAP Coordinator,
Substance Abuse Professional

EAP Newsletter Producer
Karen Langlois

CARING FOR NUMBER ONE

Self-Love Isn't Selfish

Should you "look out for number one?" Are you part of the "me" generation? Our society sends out mixed messages about self-love. Looked at one way, "number one" and "me" are trying to find the best in themselves. Looked at another way, caring for "number one" and "me" is labeled "selfish." Taking care of yourself seems to fly in the face of childhood lessons of modesty and humility. But taking care of yourself and holding yourself in high esteem can allow you to give much more freely of yourself to others.

Caring For You

Self-love is about you. You take care of yourself and your body. You get enough rest and quiet time to be able to keep things in perspective. You are able to be assertive and to set limits because you care about yourself and you don't want to disappoint others. You are secure in yourself.

Caring For Others

Self-love includes others. When you care about yourself, you are able to reach out and share with others. This, in turn, builds self-esteem and gives you a sense of purpose in life.

Making Lives Better

Self-love enhances the people around you. When you value and respect yourself, you are also able to value and respect others. People who love themselves are tolerant of others and don't feel the need to dominate or put others down. People who have a difficult time loving themselves, however, usually find pleasure only in being at one end of the dominance scale or the other.



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The Self-Love Attraction

Self-love brings people to you. Everyone likes to be around people who care about themselves because people with high self-esteem are able to care about others. Far from being selfish, people who have self-love are able to make their own lives, and the lives of others, healthy and satisfying.



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St. Luke's Hillside Center
220 N. 6th Avenue East
Duluth, MN 55805
Phone: 218-249-7077
Toll Free: 888-355-8495

SAY SOMETHING POSITIVE

How Self-Talk Affects Your Attitude

Most people carry on a silent conversation with themselves during much of the day. This "self-talk" has a direct effect on your thoughts and behaviors. Understanding self-talk and its effects on you can help you learn to rewrite your own self-talk "script" and maintain a positive mental attitude.

Positive or Negative?

You've probably heard the term "self-fulfilling prophecy." Self talk is very much like a self-fulfilling prophecy—something you think about so much you can actually make it happen. When your self-talk is positive—"Things will work out," "I know I can do the job"—you are giving yourself permission to succeed, and chances are, you will. When your self-talk is negative—"I know I'll have a terrible time," "I'm not good enough to be a supervisor"—you're giving up on yourself and chances are you won't even try to succeed. Often your self-talk reflects the values and behaviors you learned as a child, and the self-esteem you now have as an adult.

Thoughts and Behaviors

Self-talk can direct your thoughts and behaviors. If you think, "I know I can do the job," you'll be more willing to apply. During the interview, you'll be more likely to exhibit confidence in yourself and your abilities, and have a better chance at success. But if you say to yourself, "I'll never get hired for that position," you may not even apply, guaranteeing that you won't get the job.

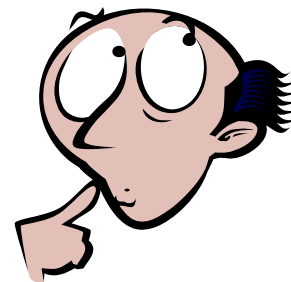
Physical and Mental Effects

Negative self-talk can increase your distress, and can make effects such as headaches or stomach pain much worse. It can also encourage you to behave in self-destructive ways which further distress your body. ("No one cares, so why shouldn't I have another drink?") Fortunately, positive self-talk can have the opposite effect, leading to a confident, positive attitude.

Rewrite Your Script

Learn to listen to your own self-talk. One good way is to use pencil and paper to note your automatic responses to an idea. Draw three columns on the sheet. In the first column, write several things you would like to happen. "I'd like to try for a promotion." "I'd like a new car." Then, close your eyes and listen to how you react to each item. Write your self-talk in the second column. (Example: "Me, a manager? Forget it." "I shouldn't have any trouble getting a loan.") In the third column, write down a thought which is the *opposite* of the one in column two. Now look at your list. If column two is more positive than column three, you're already on your way to thinking positively. If column two is more negative, look at column three for a more helpful, healthier response.

Practice choosing positive self-talk. You'll feel happier and more confident.



"I know I can do it!"

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