



From Surviving to Thriving

Signs You're Just Managing vs. Signs You're Advancing

Many of us slip into “managing mode” without realizing it. We keep pushing forward, meeting obligations, and handling what needs to be done—but often at the expense of our well-being.

Thriving doesn't mean being perfect or happy all the time. Thriving is about having energy you can sustain, feeling connected to what matters, and having the capacity to rebound—even on challenging days.

Signs You're **Just Managing**

You may be in “managing mode” if you notice:

- You make it through the day but feel mentally or physically drained by the end.
- You focus on checking off tasks rather than learning from or enjoying them.
- Stress feels constant, even when nothing is urgently wrong.
- You rarely pause to notice how you're doing or what you need.
- Self-care feels like another chore—not something that restores you.
- You keep telling yourself, “I'll take care of myself when things calm down.”

Signs You're **Thriving**

- Your energy stays relatively steady, even during busy stretches.
- You feel connected to your purpose, goals, and personal values.
- You rebound from stress more quickly and feel more emotionally flexible.
- You intentionally make time for rest, recovery, and reflection.
- You feel a sense of growth or progress—not just productivity.
- You experience moments of joy, clarity, or fulfillment throughout your week.

An Exercise for Reflection

Take a moment to check in with yourself. Circle or write what resonates:

- Right now, I feel more like I'm: Managing / Thriving
- One sign I notice in myself most often is: _____
- One area where I want to move from managing to thriving is: _____

If you recognize you're in “managing mode,” you're not alone—and you don't have to figure it out on your own. The EAP is available to provide guidance, tools, and support tailored to your needs. If you'd like help moving from managing to flourishing, reach out. We're here to listen, help, and support your well-being—every step of the way.