

Service Talk

From Surviving to Thriving

Goal: To highlight simple, practical ways employees can build resilience, manage stress, and access EAP support to move from surviving to thriving.

Why This Matters:

Many employees operate in “managing mode”—getting through the day while feeling drained or overwhelmed. Thriving isn’t about being stress-free—it’s about having the energy, tools, and support to handle challenges and recover.

Recognize the signs:

“Just managing” may look like:

- Feeling drained at the end of the day
- Constant stress—even without urgent issues
- Focusing only on tasks
- Delaying self-care

“Just managing” may look like:

- More consistent energy
- Feeling connected to purpose
- Recovering faster from stress
- Making time to rest and reset

Manage energy—not just time:

Common drains:

- Heavy workload
- Poor sleep or fatigue
- Trouble unplugging
- Doing everything alone

What helps:

- Rest and recovery
- Short breaks or resets
- Support from others
- Clear work/life boundaries

Reset in the moment: Quick tools for busy days:

- **Breathing:** Inhale 4 / Exhale 6 (1 minute)
- **Body:** Stretch, roll shoulders, release tension
- **Focus:** Pause, look up, take a breath
- **End of day:** Mentally “close the door” on work

Build small habits:

Start simple and repeat daily:

- Set one priority
- Take short breaks
- Check in with your energy
- Drink water or move

Watch for patterns like:

- Saying “yes” to everything
- Ignoring stress
- Waiting for motivation

Take one step:

- Choose 1–2 focus areas
- Try one small action this week
- Adjust as needed

Even small steps—like better sleep or one break—build momentum.

Remember, EAP offers free, confidential support to help you manage stress, build healthy habits, and navigate both work and personal challenges with confidence.