

# NEELY EAP

February 2021

## NEWS LETTER

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We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

### February's SEMINAR

Please join us for our live seminar: How Inclusive Teams Benefit Everyone.

February 11<sup>th</sup> @ 3pm

[Click Here Registration](#)

### UPCOMING QUARTERLY WEBINAR

Cultivating Confidence in  
Female Leaders

Available March 18<sup>th</sup>

# Valentine's Day Survival Guide



By Brittney Lopez

Does the thought of Valentine's Day bring feelings of loving or longing? Maybe stress? Or loneliness? It is easy to chalk up February 14th as just a "Hallmark Holiday". However, whether you're single or in a relationship, Valentine's Day does not have to be a day that brings up negative feelings. Below are tips from therapists to survive Valentine's Day and make it the best it can be.

## For Singles

If you are single, Valentine's Day can bring up feelings of longing and loneliness, even for those that are normally comfortable and even confident being single. It can be frustrating when it seems like everyone around you has found their perfect match. Before you swear off Valentine's Day and resign yourself to have a less than good day, review how you can make February 14th a day worth celebrating.

**Express Love-** Valentine's Day, at its essence is a day to honor and celebrate love. Love is not exclusive to romantic relationships; reach out and show love to those you cherish. This can be close friends and family.

**Show Yourself Love-** On Valentine's Day it can feel easy to remember all the things you feel you lack, leaving you feeling less than. It is okay to feel a little sad and lonely but work to not throw yourself a pity party. If you are remembering all you feel you lack, it is only fair to also recall all you love about yourself and all the positive qualities you have to offer the world.

**Treat Yourself-** You don't need to have a romantic partner to participate in Valentine's Day, treat yourself. You are just as worthy to celebrate the day; get yourself a massage, buy yourself something you have been wanting, order your favorite meal or dessert. You deserve to feel pampered and it doesn't require someone else.



## For Couples

If you are in a relationship, Valentine's Day may bring up feelings of anxiety to pick the perfect gift or anxiety of being disappointed and what that means about your relationship. Valentine's Day can feel like a litmus test. Before you work yourself into a tizzy or succumbing to the pressure of the day, review how can make the most out of the day to celebrate your love for each other.

**Set Healthy Expectations-** If happiness is the distance between expectation and reality, Valentine's Day sets up many couples to be disappointed. Many times, we can be our relationship's own worst enemy. Especially, when our expectations get the best of us. Valentine's Day does not have to be about perfection, rather about appreciation for the love that lives between you two.

**Think on How Your Partner Feels Love** – The common love languages are receiving gifts, quality time, words of affirmation, acts of service and physical touch. By better understanding your partner's love language, you can gain greater insight on what Valentine's Day activities will make your partner feel your love. If you feel you are struggling to accurately guess your partner's love language, ask them. Make better understanding each other part of nurturing your love this Valentine's Day.

**Make Valentine's About Memories not Money** – Flowers, chocolates and a nice card are always nice options for Valentine's. However, a successful Valentine's Day doesn't always have to break the bank. A poll of over 1,000 adults found that 80% preferred doing something with their partner instead of getting a gift for Valentine's Day. This aligns with research that finds the key to a happy life is spending time having unforgettable experiences. These new experiences have the capacity to foster love in the way gifts sometimes cannot. Think what new experience you two can share this Valentine's Day.

## Good Mood Food

By **Brittney Lopez**

We all have heard the phrase, “An apple a day, keeps the doctor away”. Jury may still be out on that one, but there is a study from the American Journal of Public Health that identifies foods that can improve your mental health. Subjects reported increased happiness for each additional serving they ate in a day. Next time you are feeling down and need a boost, reach for one of these 11 foods. An added serving a day, just may keep the blues away!

### **SPINACH**

Dark green veggies are rich in folate, a B vitamin that affects the mood-controlling neurotransmitters in your brain.



### **CITRUS**

Mandarins, clementines, navel oranges, and grapefruit. They're all packed with folate, a B vitamin that's an instant mood booster.

### **BANANAS**

Three reasons to make this ingredient a smoothie staple: potassium improves brain function, B6 increases serotonin, which calms the body and tryptophan is the happy amino acid that regulates mood.

### **SWISS CHARD**

Magnesium gives you an instant shot of energy and also staves off depression. Plus, it's one of the nutrients lacking in the average diet, so sauté some up as a regular side dish.

### **BERRIES**

Berries are made of natural sugar which provide a boost of glucose, which can decrease irritability.

### **BLUE POTATOES**

They're packed with antioxidants that reduce inflammation, a known mood killer. As well, they are loaded with iodine, which helps regulate your thyroid, which is the mood controller of the body.

### **ASPARAGUS**

Load up on the triple threat when it's in season this spring. It's a source of serotonin, folate and enzymes that break down alcohol.



### **AVOCADOS**

The combo of B vitamins and potassium increases serotonin levels and lowers blood pressure, both of which keep you calm and collected.

### **CHERRY TOMATOES**

It's all about the lycopene, a fat-soluble phytonutrient that can actually stop the buildup of pro-inflammatory compounds linked to depression.

### **PEPPERS**

Foods rich in vitamin C can help stop the production of the stress hormone cortisol. Yellow peppers have the most, followed by red and green. Reach for these as a snack for a mid-afternoon pick-me-up.

### **SWEET POTATOES**

A healthy complex carb that increases serotonin levels, which have a calming effect on the body.



### **Sources:**

Mujcic, R., & J Oswald, A. (2016). Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. American journal of public health, 106(8), 1504–1510. <https://doi.org/10.2105/AJPH.2016.303260>



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- Legal and Financial Assistance
- Wellness Trainings
- Secure the Wheel (taxi fare reimbursement)
- Critical Incident Stress Debriefing
- And more. Call 1-866-828-2077 or log in online at [www.neelycounseling.com](http://www.neelycounseling.com), **select My Account**