Solutions

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fseap Now we're talking.

A Little Communication Goes a Long Way

A manager's job includes balancing deadlines, priorities, employee needs, and answering questions from their supervisors. When your manager gives you an assignment, knowing the status of your work helps them take care of their own tasks and responsibilities.

Don't make your manager track down updates. Clarifying expectations and communicating your progress on assignments can help you stand out as an employee and build trust.

Not sure where to start? Here are some questions to get started:

- What does a successful result look like?
- When is it due?
- Do you want updates along the way?

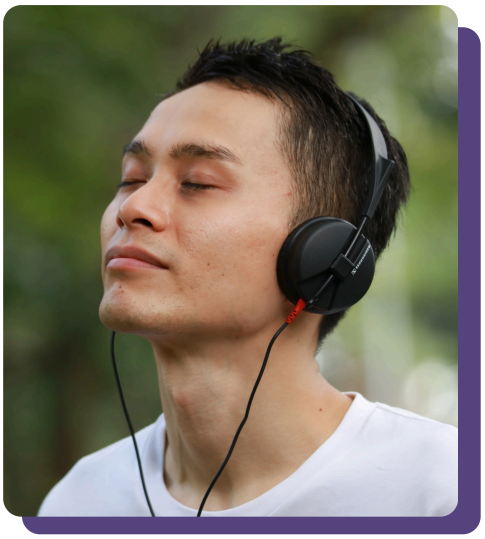
With expectations in place, you'll have a better sense of when to check in as you work through your tasks. Be sure to bring problems or hurdles forward early...don't wait until the deadline! Be ready to explain what you've completed, what still needs to be done, and what your next steps are.

Good communication helps your manager know where things stand while showing that you're dependable, proactive, and accountable.

Feeling sleepy at work? Try a quick reset!

Hit an afternoon slump? Before reaching for caffeine, try a few minutes of light muscle work to wake up your body and mind. Use small hand weights, a book, or your own body weight to do slow arm curls or overhead presses. Be sure to breathe normally, move slowly, and stop if you feel pain, dizziness, or unusual shortness of breath. You may feel warmer, more alert, and ready to return to your task. A few minutes of movement could be just the reset you need! Because it takes so little time, you may find yourself repeating it—and turning a quick energy boost into a healthy habit.

Start With Mental Health to Master Other Goals



Your mental health doesn't have to be a separate goal, it can be part of how you reach the goals that matter to you.

Whether you're working toward a personal goal, a career milestone, or simply trying to make a positive change, your mental health can play an important role to help you get there.

Taking care of your mental well-being makes positive impacts in your daily life. Mental wellness can help you manage stress, stay focused, build confidence, and help you navigate setbacks along the way.

Even small, consistent steps can support your overall well-being and help you keep moving forward.

Be sure to:

- Get enough rest
- Move your body
- Connect with others
- Make time for yourself

Start small, be consistent, and give yourself room to grow.

As we celebrate Mental Health Awareness Week this month, remember that taking care of your mental health isn't separate from your goals, it can help support you along the way.

Make Wellness Your Own

October is Healthy Workplace Month (HWM)—a great opportunity to think about what wellness looks like for you, to help individuals own their wellness journey. This year's HWM theme encourages a personalized approach to wellness, putting personal choice at the centre of creating a healthy lifestyle that feels authentic, meaningful, and exciting.

Your Employee Assistance Program (EAP) can help you take that approach through confidential life coaching. Life coaching provides personalized, practical support to help you identify what matters most to you, set meaningful goals, and build strategies that fit your lifestyle and priorities.

Whether you want to improve your work-life balance, build healthier habits, manage change, boost motivation, or simply feel more fulfilled, an EAP life coach can help you turn your goals into achievable steps.

There's no one-size-fits-all approach to wellness. Your journey is yours to shape. Connect with your EAP and discover how life coaching can help you create a healthier lifestyle that feels right for you.

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