

Emotional Fitness

Emotional Health – or fitness – is not just being unlimited by mental illness, it also involves resilience, our ability to endure, and our optimism about ourselves and the world. Emotional fitness involves confidence in our abilities and ability to cope with stress in healthy ways. But like physical fitness, achieving emotional fitness takes time and effort.

Here are a few work-out tips for your mind:

Practice positivity. Focus on the positive aspects about your life, not the things that are causing you stress. Don't "catastrophize" or exaggerate challenges and setbacks.

Take responsibility. Try not to blame certain situations or people for your unhappiness. They may have an influence, but you control how you want to live your life.

Take action. Don't practice helplessness and hope a problem will go away or that others will resolve it. Empower yourself. Take steps to resolve problems. Feeling in control helps us cope and come up with effective solutions.

Build resilience. Resilience is coping with difficulty and bouncing back. This doesn't mean not feeling sad, angry, frustrated or fearful because of traumatic or difficult events. It just means you have the skills and a plan to rebound despite these feelings. You're able to adapt, learn and move on.

Manage stress. Stress affects everyone differently and we all cope in our own way. Find healthy ways to manage stress, such as exercise, talking with others, or meditation. Avoid self-destructive coping like excessive food, alcohol or reckless behavior.

Give yourself regular breaks. It's important to give your brain time off. Pursue hobbies, read a book, go to the movies, or just spend time with family and friends.

Help others. Volunteering is good for you and your community. It gives you a sense of meaning and purpose to your life, serving as a reminder that you have experience, knowledge and talents to share.

Ask for help. Maintaining emotional fitness also means knowing when to ask for help. If you're having trouble coping or would like more information, contact the EAP.

Caterpillar's Global Employee Assistance Program (EAP)

The EAP is available to all full and part time Caterpillar employees in the communities and languages where we work. For more information about Caterpillar's Global EAP benefits visit EAP.cat.com.

To access EAP in North America, call +1-866-228-0565 or +1-309-820-3604.

For web services and local EAP access information listed by country, visit CaterpillarEAP.com.

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