



Christine Dawson <dawsonc@newton.k12.ia.us>

Fwd: Procrastination habit? Try this easy hack

1 message

Kelly Sorenson <sorensonk@newton.k12.ia.us>

Wed, Sep 6, 2023 at 10:16 AM

To: District Staff <districtstaff@newton.k12.ia.us>, District Teachers <districtteachers@newton.k12.ia.us>

----- Forwarded message -----

From: **Employee & Family Resources** <marcom@efr.org>

Date: Wed, Sep 6, 2023 at 9:01 AM

Subject: Procrastination habit? Try this easy hack

To: <sorensonk@newton.k12.ia.us>

Hey Kelly, don't forget to remind your colleagues about their EAP benefit with tips to support their well-being by sharing the Life Happens Headlines!



life
Happens
HEADLINES

SEPTEMBER 2023 | EMPLOYEE EDITION



Procrastination habit? Try this hack

Starting a project when you lack motivation can feel like a monumental hurdle. You may find yourself vacuuming the house, spending hours categorizing items in your refrigerator, or rearranging your furniture for the fifth time this month instead of working.

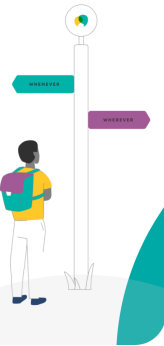
But what if there was a way you could bypass the avoidance phase and kickstart your motivation? Thankfully, neuroscience shows that a procrastination cure is possible, and it starts by hacking one of your oldest biological functions: your dopamine reward system. Here's how to harness your dopamine reward system to ignite your motivation.

Procrastination Hack

Everyone is on their own mental health journey

Speak to someone who understands what you're going through, whenever & wherever.

togetherall



Your free, anonymous online mental health community is waiting

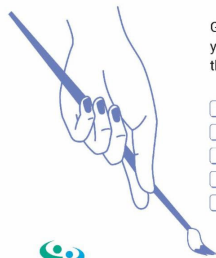
As part of your EAP benefit, you have access to [Togetherall](#) - an anonymous, online support peer community.

Join the Togetherall Community



Commit to Creativity

Engaging with the right side of your brain is more than just a fun way to express yourself. Practicing creativity bolsters flexible thinking, strengthens cognitive skills, enhances your ability to think outside the box, and helps you develop a deeper understanding of yourself. Flex your creative muscles by committing to creativity and use September's Monthly Motivator to track your progress!



Get creative by tapping into the right side of your brain. Have fun and commit to at least three activities from the list below.

- Make art— draw, paint, or sculpt!
- Try a DIY project
- Try a new recipe
- Create a vision board
- Write a short story



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Download the
September Monthly
Motivator

Beyond Relief: Stories of Healing with the American Red Cross

Step into a world of impact with Emily Holley of the American Red Cross. Beyond initial disaster response, the Red Cross volunteers are pillars of support for those facing challenges after immediate relief efforts have concluded. Emily sheds light on the everyday, inspiring stories of volunteers who bring solace and restore hope through mental health recovery resources in the aftermath of disasters. Delve into the heart of volunteering with the American Red Cross, and find your place in roles like the Disaster Action Team and beyond.



Listen to the conversation

We're Here to Help

Put Your EAP to Work

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us by calling **800-327-4692** or explore your benefits at efr.org/how-we-help/work

Explore Your Benefits



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