



# EAP: In Focus

Volume 12, Issue 1  
Newsletter of your Employee  
Assistance Program

Winter, 2012

**SOUTHWEST FLORIDA  
EMPLOYEE  
ASSISTANCE  
PROGRAMS**



What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...
- Just call

**1-800-226-7930**

## Building Self Confidence

Self confidence is the difference between feeling unstoppable and feeling scared out of your wits. Your perception of yourself has an enormous impact on how others perceive you. Perception is reality — the more self confidence you have, the more likely it is you'll succeed.

Although many of the factors affecting self confidence are beyond your control, there are a number of things you can consciously do to build self confidence. By using these strategies you can get the mental edge you need to reach your potential.

### 1. Dress Sharp

Although clothes don't make the man, they certainly affect the way he feels about himself. No one is more conscious of your physical appearance than you are. When you don't look good, it changes the way you carry yourself and interact with other people. Use this to your advantage by taking care of your personal appearance.

### 2. Walk Faster

One of the easiest ways to tell how a person feels about herself is to examine her walk. Is it slow? tired? painful? Or is it energetic and purposeful? People with confidence walk quickly. They have places to go, people to see,

and important work to do. Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step. Walking 25% faster will make to you look and feel more important.

### 3. Good Posture

Similarly, the way a person carries herself tells a story. People with slumped shoulders and lethargic movements display a lack of self confidence. They aren't enthusiastic

about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident. Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered.

*Your perception of yourself has an enormous impact on how others perceive you*

**"QUOTATION"  
CORNER**

**In the final analysis it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings.**

Ann Landers

## SOUTHWEST FLORIDA EMPLOYEE ASSISTANCE PROGRAMS

Phone: 239-278-7435  
Toll Free: 800-226-7930  
E-mail: swfeap@swfeap.com

- *Just a phone call away*
- *Free, includes family*
- *Available 24/7*
- *Confidential assistance*



CHECK THESE OUT!!

WWW = WEB PAGES  
WORTH



WATCHING

### Parents guides to various issues

A variety of parenting guides to help you with some of the challenges of parenting

<http://www.parenting.org/guides>

### More on self confidence

Article with good ideas on building self confidence

<http://www.mindtools.com/selfconf.html>

## Catching Kids Being Good

If you've ever taken a family dog through obedience training, you know the power and importance of praise in encouraging positive behavior. Praise is helpful not only for pets, but also for children. When parents consistently practice acceptance, approval and appreciation, they help their children grow into responsible, successful and confident adults.

The first step to using praise to reinforce your child's good behavior is learning to catch him or her doing good.

Every day, children do good things that parents often overlook – dressing themselves, asking permission to do something or go somewhere with friends, and playing, reading or watching television quietly. Unfortunately, it's natural, and sometimes easier, to inadvertently ignore positive behavior and react to negative behavior. That's why most adults tend to notice when kids do bad things far more often than

they recognize good behavior.

So, get in the habit of looking for your children's positive behaviors. If you notice your teenager doing homework or your two young children playing well together, take a moment to say something specific like "Thanks for getting your homework done" or "I like how you and your sister are playing together."

### **Opportunities for Approval**

When you ask your child to do something, make sure you recognize his or her compliance. Select a few 20-minute periods throughout the day when you intentionally focus on looking for your children to follow your instructions. When they do, praise their good behavior with enthusiasm. Consistent, specific and immediate praise for good behavior is a powerful and effective way to show your child your approval. These actions and words can all be used to praise your child:

- Frequent hugs, smiles and pats on the back
- "I am proud of you."

- "You did a great job!"
- "Way to work hard."

### **Other Ways to Praise**

Tangible rewards are another excellent way to praise a child for good behavior. A special treat or activity, like going on a bike ride with Mom or reading a book with Dad, is a great way to reinforce positive behavior. Use verbal praise and physical touch most often, but mix in tangible rewards on occasion to show your children that you recognize and appreciate their good behavior.

Offer praise often, to the tune of five praise statements or actions for positive behavior for every one negative behavior that you correct. As you consistently "catch" your child being good, you'll find yourself being more positive around him or her. In time, you should notice your child using more positive behaviors as a result.

From parenting.org from BoysTown