

## News Release

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### **Rerun, Retread, or Renewed**

**Tampa (January, 2012). The year of 2011 is now gone as is 2000, 1989, 1956 and all the others. Sometimes, however, there is a year or several years where we have experienced an event, met someone, celebrated a life changing memory and our lives appear changed forever for the positive or the negative. Sometimes we just get stuck. So what happens? We just keep replaying it in our lives – over and over. We don't see things clearly. We repeat the same patterns, fall into the same kind of relationships, continue to hold the same grudges, and keep seeing our lives the same way. Granted every once in a while we might become aware that we are just doing one "rerun" after another and if it is something that has contributed to our misery, we might do a bit of a retread.**

**A retread occurs when we take the same old patterns but change them slightly. Perhaps the underlying cognitive patterns are the same but we can control them so that they are not manifested in exactly the same behaviors. Problem is that retreads might look new on the outside but the same internal structure is present.**

**Change is a scary thing for most people. A new year offers us an opportunity to make some resolutions. Unfortunately it appears that such resolutions all too quickly fall by the wayside if they even manage to get off the ground. Perhaps looking at our lives as objectively and honestly as possible can lead to renewal. How can we accomplish this?**

- **First take an honest inventory of where you really are in terms of what matters to you: relationships, career, interests etc.**

- **Develop a plan:**
  - **Draw a large circle and divide it into six pie shapes that cover the current percentage of your time and energy put into the areas of physical, intellectual, emotional, relationships, spiritual and career. You might find for example that 50% of your time and energy goes into career and 5% into physical.**
  - **Draw a circle and divide it into six pie shapes that cover the percentage of your time and energy in terms of how you would like your life to be by January 1, 2013.**
  - **Take each area and develop a specific strategy to make the shifts necessary.**
- **Take an inventory in terms of your personal beliefs (your self talk) and be honest about the impact your belief system has on your feelings and behaviors. Work on challenging and changing one thought at a time.**
- **Take a look at one specific behavior that has not worked in a positive manner for you and let it go. Think of a positive behavioral change to replace it.**
- **Learn that you can say the word “No” with a period at the end. No need to apologize, excuse, explain or defend yourself for choosing to say “no.”**

**What can you do if you if you recognize yourself or a loved one in the above information? Call your EAP. While the EAP is not a treatment program, experienced counselors will help you find out what may be taking place and assist you in getting appropriate help. Sometimes dealing with letting go of old patterns can feel overwhelming because we’ve been responding in the same old way over and over. The EAP can help you find a new path so that change is managed, relationships are healed, support systems are developed, and expectations are kept realistic. Remember that the Employee Assistance Program (EAP) is a benefit available to our contracted organizations employees and dependents. So call your EAP. It is that simple. We will help you cope, find assistance, and guide you down the path to effectively dealing with whatever might be impacting your life. Help is available 24-hours a day, 7 days a week.**