

CULTIVATING CONTENTMENT FOR IMPROVED MENTAL HEALTH

EVENT ID: 4954981

EVENT STARTED: 11/9/2022 1:00 PM ET

*****Note that transcriptions are provided uncorrected and therefore may not reflect exact spoken words and may have misspellings.*****

Thank you all for joining us today for Cultivating Contentment for Improved Mental Health. I'd like to now introduce our presenter, Andre McCabe.

Andre McCabe is a licensed independent clinical social worker in Washington, DC, and Virginia, and is an employee assistance specialist for Federal Occupational Health for several Federal agencies. He has over twenty-four years of clinical and employee assistance experience counseling individuals, groups, and families utilizing cognitive-behavioral counseling and solution-focused interventions. He has found the practice of building contentment to be valuable for his clients as well as in his own life. And with that, I'll turn it over to Andre to begin the presentation.

Hi, everyone. Thank you for taking the time out of your busy day to join me over the next hour. As we talked about cultivating contentment for improved mental health. In our busy day today life, with all of its challenges and stresses, it can prove challenging to experience contentment on a long-term basis. Additionally, we can often create the narrative in our own mind that we will only be happy once we have acquired that long sought after possession which is a nice car or perhaps a promotion. Perhaps if we were making a certain amount of money. Through time and experience, we come to realize once we have acquired that nice new car or making the salary, we had hoped for. We find that bump in happiness often transitory. And then, turns to us looking for the next thing. It becomes a never ending pursuit. Today, we will explore what it looks like to live in a state of contentment and how to cultivate higher levels of it. Over the next hour, we will discuss what contentment is. We will also touch on the many different benefits to contentment for mental and physical health. We are going to look at the differences between happiness and contentment. The second part of the presentation. We will focus on building blocks for strategy to cultivate more contentment in our life. Along with these strategies, there will be activities listed. We will actually take part in a few activities designed to boost contentment. We have a lot to get to today. Before we do, let's answer the following poll question. Which two words do you most associate with contentment? You can see here the choices are euphoria, enough, elated, satisfied, overjoyed, bliss, and acceptance.

Just one moment. I will show those results. I am going to show that. Just one moment. Okay, there you go.

Okay. It looks like the overwhelming majority of you chose satisfied and acceptance as well as one of the words that goes along with contentment. And enough. Great. And a few answered bliss. We will talk about some of these words in the presentation moving forward. Now, let's turn our attention to what contentment is and the many different benefits to it. Merriam-Webster

defines contentment as feeling or showing satisfaction with one's possessions, status, or situation. As of this definition points out, walk to while contentment, it does not mean desiring change or striving for growth. It simply means we accept and appreciate the present moment and have optimism for the future. Nina Feliciano, licensed clinical social worker, author of a really great book on contentment that we will point out, I will point out to you when we discuss the resources. When she talks about contentment, she really narrows in on the word enough. That is, we believe we are enough, our relationships are enough. We have enough possessions. From that, it brings us a sense of satisfaction. Now, let's look at the many different benefits of contentment. It should come as no surprise that contentment leads to increased physical and mental well-being. When we are in content, we tend to focus more on what is right in our lives. Which leads to an improvement. When we are content, our brains signal for those feel-good neurotransmitters such as dopamine and serotonin which induces feelings of pleasure and satisfaction and can also help improve contentedness and focus. A state of contentment is also found to inhibit the activation of the stress response. Therefore, there is less of that stress among cortisol coursing through our bodies which in turn lowers our blood pressure. Not only can be content lead to a positive mood and lower stress, it has also been shown to improve immunity. In a 2003 study, researchers pulled over 340 individuals about the frequency they experience positive emotions and the frequency they experience negative emotions. Then they were given nasal drops containing the rhinovirus which leads to the common cold. They were quarantined. Results concluded that those who reported more frequently experiencing positive emotions such as contentment, they were less likely to develop the common cold. Compared to those who reported experiencing a higher frequency of negative emotions. This would suggest contentment can help bolster our immune system. Also numerous studies linking positive emotional states including contentment to improve cardiovascular health and living longer lives. Contentment can also have a profound impact on our day-to-day life. Contentment can lead to stronger relationships. When we are content and accept who we are, our strengths as well as our limitations, we are more likely to accept others including their limitations which can only enhance our relationships. Contentment can also lead to greater simplicity. Again, I would refer us back to the word enough. We feel we are enough and we have enough. When we feel we have enough, then our urge to want more and more things decreases. We are satisfied with what we have. Contentment can also lead to peace of mind. We still have dreams and aspirations. We balance that with an overall sense of satisfaction with the present moment. Let's move forward and look at how contentment and happiness may differ. Would we rather be happy? Would we rather be content? Are they the same thing or are they different? Happiness is defined as a state of experiencing pleasure, and or the absence of pain. Contentment and happiness are often used interchangeably. For the purpose of this presentation, there are some differences. Let's turn our attention to those differences now. There are three primary differences between happiness and contentment. Number one, happiness is often derived from external events. Whereas contentment is more internally focused on what we already have right now. Number two, happiness often involves seeking out that experience or possession that we believe will bring us happiness. Whereas contentment is more of an acceptance and appreciation of what is. Finally, the experiencing of happiness can often be transitory. It can wax and wane, ebb and flow. Conversely, consistently cultivated contentment having a more enduring quality about it. Daniel Cordero who is the founder and CEO of the contentment

foundation suggests for thousands upon thousands of years we as human beings have used two different strategies to enhance our well-being. The more strategy, the enough strategy. The more strategy, he describes as based as the title would suggest where we seek more power, money, stuff, success from the outside world. In contrast, the enough strategy occurs when we turn our attention inward. The joy and satisfaction are already there. Our perspective shifts. From our quest for something greater derived externally to one that we discover within ourselves. Mr. Cordero writes while there is nothing wrong with temporary boosts of wellness, the problem with the strategy is that it is simply not sustainable. That is, the pumpkin happiness derived from acquiring more is short-lived and leads to a greater desire for the next experience or possession that will bring about yet another bump of happiness. To be clear, I want to stress this. Experiencing happiness is a wonderful ability that we all have as human beings. I am certainly not trying to minimize it. However, we can do contentment as an accompanying component to happiness in our lives and this contentment can bring an overall sense of satisfaction and peace to our lives. Especially when we are not experiencing those highs that go along when we are experiencing happiness. As you listen to this webinar so far, maybe thinking to yourself yeah, this idea of long-term contentment, it sounds pretty appealing. Gosh. I have a tendency to ruminate on the deficits in my life. You are not alone. The good news is that contentment is not a fixed state. That is, with intention, effort, and practice, we can raise our levels of contentment. For the remainder of this webinar, we will focus on the building blocks or keys to building more contentment in our life. Before we do that, let's answer another poll question. Which two of the following practices would help bring more contentment in your life? Less exposure to social media news, more physical activity, improved self-esteem, gratitude, deeper more meaningful relationships, recognizing and accepting what is in and outside of our control. Showing more kindness and less criticism. We got about 10 more seconds. Okay. We are just waiting on the results. And here they are. Great. They look pretty spread out which is great. Let's see. The most popular response was recognizing and accepting, and then it was really fairly even between more physical activity, improved self-esteem, deeper, more meaningful relationships. And showing more kindness, gratitude. That is awesome. We are going to look at some of those practices. Thank you for the participation. That is great. So now, we are going to look at the keys, or building blocks, to cultivating greater contentment. You can see they are acceptance, self compassion, gratitude, connection, being present focus, living with priority and intention, finally, spirituality. We will take a deeper dive into each of these building blocks and suggest some activities with each one moving forward. The first building block of contentment. Acceptance. As human beings, we have a tendency to seek out pleasurable experiences and avoid uncomfortable experiences. Makes sense, right? When we experience discomfort, we have a tendency to avoid discomfort, suppress additional discomfort. We sometimes have a tendency to avoid experiences that lead to additional discomfort. Sometimes, when we do this, it can compound our suffering. This is what is known as experiential avoidance. The question becomes how can we respond to life's inevitable discomfort? We respond in a way that is not compound our suffering. Marshall Lenihan, founder of dialectical behavioral therapy, suggested through radical acceptance which is when we accept fully and without judgment, powerful reality, the good and the bad, with our mind, body, spirit. We can cultivate greater acceptance. We can also cultivate more acceptance and increase contentment. By gaining clarity and acknowledge what is outside of our control, things that we will never be able to change or

influence and what is inside our control. How do we do this? One such way is through a journal activity. We can get out a blank sheet of paper, draw a vertical line down the middle, the left hand column, we can write outside of my control. The right-hand column, we can write down inside my control. We think about the content of our thoughts. What is occupying our headspace these days? What is the content that triggers stress within us, or discomfort? We want to write down specifically that content in one of the two columns. To see the columns side-by-side, it can be very clarifying and it can also be very grounding to us. A second part of this activity involves, once we identify the content of our stressors, we will never be able to control, the right side column right next to it, we can develop our response and write it down as to how we are going to respond to that stressor in a way that is congruent with the person that we strive to be. The good news is that for all these things that happen in our day-to-day existence, they are outside our control. We always have some control over how we respond. You can see here that these are a few examples of what this activity might look like. This activity is always available to you whenever you do feel inundated or overwhelmed with uncomfortable thoughts and emotions. A second foundation of contentment is self compassion. Many of us can be critical of ourselves. Self compassion entails being loving, kind, and supportive to ourselves particularly during challenging times. We break down the word, the Latin root of the word compassion., Compassion means with, passion means to suffer. When we have self compassion, it literally means to suffer with ourselves. As we suffer with ourselves, if we are practicing self compassion, we want to be our most ardent ally and supporter as we go through difficult times. The three main components of self compassion include mindfulness, connectedness, self kindness. We are going to try and activity right now but hopefully bolsters self compassion. Supportive touch can provide care and comfort and raise self-awareness. When we experience a supportive touch, a wonderful hormone known as oxytocin is released and oxytocin is often associated with feeling calm, safe, loved, and trust. We are going to try and activity that involves supportive touch. What I would like you to do is get in a comfortable position in your chair, I would like you to take two deep breaths. Now, I would like you to gently place one of your hands over your heart or on one of your cheeks. Whichever is more comfortable. I would like you to get more in touch with the sensation of your hand either over your heart or on your cheek. As you become more cognizant of the sensation, I would like you to repeat either silently or out loud, the following three phrases to yourself. I am doing the best I can. I accept my strengths as well as my limitations. I have a good heart. After the next few moments, I would like you to linger with that feeling of supportive touch. Okay, great. Now I would like you to bring your attention back to the webinar. We are going to answer another poll question. After trying the self compassion activity, how do you feel? The options are less content, more content, I did not notice a change, I noticed my heart beating. About five seconds left.

Just one moment. I will open that poll, show the results. There you go.

More content, okay. That is great, thank you. Great. It looks like a majority felt more content. Some felt they did not notice a change. Some noticed their heart beating. That is good. I am glad to see that. For those of you who did not notice a change, on the resource slide, there will be a link to a self compassion website that has additional activities to bolster self compassion. Thank you so much for answering. Great participation. Moving on. The third key to contentment is

gratitude. Gratitude is a practice of noticing and documenting, and remaining mindful of all of the good in our lives. Gratitude is more than a feeling. It is a choice. There are concrete actions we can do on a daily basis as part of our self-care routine to cultivate more gratitude. What are some of these activities we can do? Perhaps over the next year we could commit to writing a handwritten letter to a loved one, perhaps once a month, maybe once a quarter. Expressing your, what you appreciate and imagine what it would be like for them, the person who maybe, you have someone in mind. They go out to their mailbox, open it up. What bills are going to be in the mail? And then they see this envelope with actual, real handwriting from you. They open the letter and they read your words. Imagine what a wonderful experience that would be. You can also document gratitude by journaling on a regular basis. Even the smallest things in our day-to-day life that brings joy. So many things we often take for granted. We can implement others. Perhaps someone in your life and there is a trait about them that you have long admired. For one reason or another, you have never shared that. Perhaps you could do that. Finally, in all of the encounters we have with customer service are presented tips, when we have a positive experience, perhaps they go above and beyond. We share our gratitude with them. Perhaps, if we have the time, can we ask to speak to their supervisor. We can share a little more about our experience. These are just some of the activities you can do on a regular basis to cultivate more gratitude as one strategy to boost contentment. A fourth building block of contentment is connection with others. We are hardwired to be connected with others. It is one of the most important things in our life. There was a Harvard grant study which was a landmark study that lasted over 75 years. They interviewed approximately 300 college age males, entering college in the 1930s. They assessed for psychological and physical protective factors. When I use the term, attributes that help mitigate the risk and the impact of stress. The researchers, they would interview these participants every two years, over a 75 year period. The researchers found the most important predictor of overall life satisfaction, including contentment, the most important predictor of fiscal health and longevity, it all boiled down to relationships. When the participant had relationships, strong relationships, or not. Not necessarily about the quality, also about the depth. Having that one person, at least one person in our lives who is aware, who knows the good and the bad and they still love us. They don't go running for the hills. That is such an affirming experience. It is one that is important to building greater contentment. We can develop more connection in our lives by committing to one time a day for the next week. Maybe taking a walk at the same time or go grab a cup of coffee. Reach out to a different person each day and just check in. Let them know you're thinking about them. If you get there voicemail, you can say hey, I was thinking about you. I hope your day is going well. We can also carry out random acts of kindness. We can be finding ourselves in traffic. I could be an incredibly first reading experience. We can let someone in or when we are going into a place of business, we can hold the door open just a little longer for that person who is behind us. Again, the, what is shared in the last slide, we can commit to over the next few weeks identifying one person. Someone we feel emotionally safe with. Sharing one thing about ourselves that that person doesn't really know. Where we can share a challenge that we are going through right now. These are a few activities that can bolster connection and increase contentment in our lives. The next building block to contentment is being present focused. How often do we find ourselves doing our best? Trying to be present with our loved ones. They are sharing something that is really important to them. We are finding it really difficult. Swept away by a thought that triggers

emotion about the past. Some upcoming event. We miss out on the experience. Ryan Holliday, who wrote the book stillness is the key, he writes the moment we are experiencing right now is a gift. Let's develop the ability to be in it. Everything we have into appreciating the platitude of now. Mr. Holiday argues the key is slowing down. Carving out a few minutes every day to make space and time to be with our thoughts, our emotions. To notice them without having to respond or to act on them. If we can be present with that, then we can be a little more present with the people in our lives. We can also become more present focused by engaging our five senses. We are going now to try an activity where we do that. As you can see, this activity is called dropping the anchor. There are times in our day-to-day lives when we can be swept away with thoughts and emotions and again, takes us away from the present. When we feel that way, it can be really uncomfortable. We can feel less grounded. We can feel untethered, unanchored to the present moment. And so, we need to figure out how we can respond when we are feeling this way. One such way is by engaging in this sensory activity we are going to do now. It is called dropping the anchor. What I would like you to do, again, is to get yourself in a comfortable position in your chair. I would like you to take a couple of deep breaths and slow down. Now, with our sense of vision, I would like for us to look around the room that you are in and I would like you to notice up to five things with your site. It could be one of your favorite framed photographs of a loved one on your desk. You might turn around and view how the light is coming in through the window if you are in a room that happens to have a window or something. Now, I would like for us to get more in touch with the present moment. By engaging our sense of hearing. I would like you to notice up to four different sounds that you are hearing right now. Whether they are and that of your room or outside of your room. Next, I would like for you to notice three different tactile sensations you are experiencing. It could be the way your feet feel printed firmly on the ground. Or perhaps the way it feels for the sleeve of your shirt to be on your skin. Or something else. Finally, I would like for us to get connected to the present moment by engaging our sense of smell and taste. If you happen to have a cup of coffee or a glass of water or some other beverage on your desk, perhaps you could take a taste of that and get in touch with that. Or perhaps the room that you are in right now has a distinct scent to it. Great. Thank you for participating in that. Again, this activity is available to us whenever we start feeling overwhelmed and being swept away from the present moment. A way for us to become more present focused and is a way to build more contentment in our lives. As referenced earlier, contentment does not preclude desiring change or striving for growth. Prioritizing and living with intention. Boost contentment by bringing meaning to our day-to-day lives. When we are trying to focus more on prioritization and living with intentionality, we want to take inventory. We want to be clear about what are some of the nonnegotiable's in our lives. Those needs that we have. Including sleep. Perhaps movement, exercise. Yes. Downtime and fun. Not wants, but needs. We want to ask ourselves, is there congruence between what we prioritize and how we spend our time? Certainly, we want to be, we want to be cognizant, we want to be aware of contentment to our life. We can do this by creating a vision statement. The vision statement is a statement that describes our personal values, strengths, goals, to orient us during our long-term dreams. If you are wanting more priority and intention in life, as a way to bolster more contentment, you can draft a vision statement by asking yourself questions about what are the day to day things in life that bring you joy, passionate about, what are the values that you hold dear? We want to look at different areas in our life that you feel there is room for growth in. It could be some of

the areas listed on the slide. Physical, family, financial security, finds. There could be others. We choose a few or one or all of these facets and from that, we create a vision statement that is based in the present. Because we believe the things we say to ourselves. We want to read this vision statement to ourselves as it is happening right now in the present moment. We also want to create goals that are measurable and realistic. We don't want to set ourselves up for failure. When I talk about a vision statement, the word statement in this context is a relative term. I have had clients who have written vision statements that have been three sentences long. I have had clients who have written vision statements that are several pages long. Not a one size fits all. It is up to you about what works for you. Once you complete this vision statement, then we want to be able to commit to reading this statement and visualizing this as our reality on a regular basis. We stay clear and we are reminded about our priorities in living our lives with intention. The final component, or building block, of boosting contentment is spirituality. Spirituality can be broadly defined as seeking a meaningful connection to something greater than ourselves. Many of us search for meaning in our day-to-day lives. We enjoy when we experience a sense of transcendence which is when we have an experience beyond the normal or physical level. Cultivating spirituality can be achieved in many ways including prayer, meditation, being out in nature, practicing cultural traditions. Cultivating spirituality can also be achieved by developing more living and forming relationships with ourselves and others. Here, you can see just a few suggestions about how to cultivate more spirituality in our lives including spending a few minutes alone each day. Really listening to the innermost part of ourselves. Trying to connect with that inner wisdom. We can take a walk in a picturesque setting. Getting in touch with soaking in nature, flora, the fauna. We can ask others about their spiritual experiences. Those people that we feel emotionally safe with. Just to learn more about their past. And another great way to increase spirituality and boost contentment is to notice and appreciate the everyday moments in life that bring wonder and awe. This could be a newborn smile or watching a beautiful sunset, or something else. As mentioned earlier, developing a kinder more loving relationship with ourselves and others can develop spirituality. One such way is through visual imagery. We can do this through what is known as a lovingkindness meditation which is when we send goodwill and kindness to ourselves and others. I would like for all of us to get in a comfortable position again in your chair. Hopefully you have been in a comfortable position this whole time. I will remind you to get in a comfortable position. You can either do this with your eyes closed or fixed your gaze on one spot in the room you are in. I would like you to take a couple deep breaths to bring our focus to the here and now. Now, I would like you to repeat the following phrases to yourself and visualize these statements as your truth. May I be healthy? May I be free from suffering? May I be at peace? May I be content? Now, I would like you to call your attention to someone you care deeply about. A good friend, perhaps someone who has inspired you. Someone who you know is going through a difficult time right now. I would like you to visualize their name and since their presence. As you think about this, I would like you to repeat the following phrases to yourself. May you be healthy. May you be free from suffering. May you be at peace. May you be content. Finally, I would like for us to refocus our attention back to ourselves, and again, going to say these statements and visualize them as our truth. May I be healthy, may I be free from suffering, may I be at peace. May I be content. Okay. Great. This activity, this lovingkindness meditation is a great way to cultivate more spirituality as we extend kindness and goodwill to ourselves and kindness and goodwill to others. So, in summary, when

we think of the concept of contentment, the word enough is very important. Again, we feel we are enough. That our relationships are enough. We have enough. Contentment is more focused on internally what is in the present moment. It is more of a stance of acceptance. We discussed many different benefits to contentment on our physical and mental health. And I think most importantly, contentment is not a fixed state. And through practice, intention, commitment, we can cultivate higher levels of contentment in life. And thus, being to a more satisfying and fulfilling day-to-day existence. And now, I am going to talk a little about the resource slide here. You can see there are books, websites, articles, videos. You will receive a copy of this resource slide along with the other slides and I do want to remind you again that you will be receiving a handout that details all the activities that were listed today and all of the activities that we went through as a resource for you. I will now draw your attention to a couple things here. This book by Nina Feliciano, this book will make you happy: eight keys to find true contentment, I think this is a great read if you are looking to take a deeper dive into this. The other resource I would point out is the, at the very bottom right-hand side, the videos. The Dr. Seuss guide to contentment. I think it is really funny, entertaining, also profound. I would encourage you. Once you get this, you can click on the link. It will take you there. I would encourage you to take a look at that video. And now I am going to turn things back over to Tammy.

All right, great. Thank you so much, Andre, for that great presentation. And if you would like more information on this or other health and wellness topics, please give us a call or visit us online at foh4you.com confidential, seven days a week to help you work through personal or work-related issues. Before we start the Q&A portion of today's session, I would like to remind you the recording and transcript, a copy of the slides with a certificate of attendance at the end, resource and activity handouts will be emailed to you within 24 hours following today's session. As well, all of today's content will also be available on foh4you.com in about two weeks. You will see a satisfaction survey where you can let you know about your experience with us today and provide any additional feedback that you may have. We do appreciate you filling out the survey. We do read all of the comments and use them to make improvements and adjustments. We do have a few minutes for questions. Again, if you have something you would like to ask you please type it in the Q&A panel and send it to all panelists. Andre, it looks like we got some great questions coming in. I will go with the first one. Someone is stating they find it really hard to achieve contentment and would like to know what would be some good best practices to keep in mind?

Thanks, Tammy. That is a great question. I think when it comes to achieving contentment, cultivating long-standing contentment, certainly it is important to start with small steps. Trying perhaps one of the components, one of the building blocks of contentment, maybe one practice. You can submit to doing once a week. Maybe writing down documenting two or three things, pleasurable experiences, things that brought you joy. Things you have gratitude for over the last week. Additionally, it might be helpful to have one activity that you can use on a PRN basis. What I mean by PRN basis, when we are hitting that point where we are feeling, going through a tough time. Having an activity that you know is a response that helps alleviate some of that discomfort. It could be going for a walk. Even as we go for a walk, it can be trying that sensory activity. Or it could be in the, you start finding them. Really going down the rabbit hole about one topic. Really

causing a lot of stress. Growing more anxious. Pull out that blank sheet of paper. Draw the line down the middle. Write down the things that are triggering you right then and there. If they are outside of your control, think about it is what you can do to respond to that. Different ways for you to feel more grounded.

Thanks, Andre. Another question that came in. This is great information. How am I supposed to be content when I am faced with personal struggles that are really challenging right now?

Absolutely. That is a great point. I would like to say I am sorry here that you are dealing with some personal struggles right now. I think that contentment is one of the practices that we use that we cultivate as part of with the understanding that we are going to experience challenging times. One of the things that is key when we are going through difficult times is self compassion. Such a very important practice that we do not double down on our suffering by being hard on ourselves when we are going through a challenging time. And so doing our best to be kind to ourselves, to gauge a supportive touch or going to that self compassion website, also I am a shameless promoter of EAP. If you find that your struggles, you are feeling overwhelmed, not moving forward through them, I would encourage you to reach out to EAP and access perhaps your EAP counseling benefit. Perhaps working together with an EAP counselor. Device additional strategies as you go through this challenging time.

Great suggestions. Someone else is saying, when I try mindfulness meditation techniques, I have so many things running through my head. Any suggestions or techniques to help with this?

Yes. That is great. That is something I hear sometimes when I do, as an EAP counselor, assign homework. Some of my homework sometimes his mindfulness activities. I think sometimes people, some people view meditation and mindfulness as the absence of thoughts. One of the things I try to share with them is that the mindfulness aspect is the noticing. My thoughts, I am getting carried away with my thoughts. Gently bringing ourselves back if we are engaged in mindfulness meditation to focusing on our breath. There are other strategies. Externalizing those thoughts, putting them on paper. Engaging in, I think a really wonderful self compassion activity. I am a big proponent of self compassion. When we have thoughts that are racing through our mind, particularly critical ones, we can develop a mantra for ourselves. A statement that we could repeat over and over again to talk back to a thought that is critical. For example, you might say to ourselves, gosh, I can't believe I am late to work. You could speak back to yourselves. We had a challenging morning. Maybe you have kids who were making it hard to get to school, to work on time. Even you could say to yourself, repeat the phrase I am doing the best I can. I am doing the best I can. Some other phrase. Whatever works for you. Being able to refrain, reframe what you were going through with a statement of self-affirmation. Self compassion. It could be helpful.

All right, thank you so much, Andre. We are going to do one more question. This was in regards to the self compassion activity earlier in the presentation. Someone wanted to see if you could please repeat those three phrases from that self compassion activity.

Absolutely. In fact, I just repeated the first one. The three statements are I am doing the best I can, I accept my strengths as well as my limitations, the final statement is I have a good heart.

Wonderful, thank you so much for reminding us of those. We have reached the top of the hour so we are going to go ahead and conclude the webinar for today. If we didn't get to your question, or if you have additional concerns, please call the EAP to speak with one of our consultants who can help with your specific situation.

I would like to thank Andre McCabe once again for presenting today. I want to thank you for taking time to be here with us today. Please join us again for our next monthly webinar, 7 Thought-Provoking Questions That Help You Find Your Life Purpose which will take place on December 14th. Register for this webinar or any of the FOH EAP webinars for the year at FOH4You.com by clicking on the 2022 Webinar Calendar link which is located on the Live and On-Demand Webinars page. Have a wonderful rest of your day. [Event concluded]