

The C&A Express

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Time to Sow Some Seeds!

Springtime is joyfully celebrated just about everywhere in the world (though not always at the same time, depending upon your hemisphere). Some think of it as a time of reawakening or of new life. **For many people, it's simply a time to plant seeds – the harvest will come much later.**



Not all seeds are the kind that result in actual flowers and vegetables. Someone else, for example, may have already planted the seeds of change in your business or personal life. This means that you might consider planting some new seeds of your own.

For example, you might want to think about the skills you'd need to stay competitive in your workplace. Now is the time to plant those seeds and nourish them so they're blooming when the need arises. What can you do to bring yourself up to speed? What classes are available to you at work, in the community or even on line that will help you be prepared for the future? The ideal time to think about this is before the need is urgent.



Maybe it's a good time to plant the seeds of change for a personal decision. Thinking about quitting smoking? Talk to your doctor now about medical options available to you, like nicotine gum or patches, medications that might be useful, or hypnosis.

How's your relationship with your spouse, child, or other loved one? Sometimes we can foresee trouble on the home front, but we choose not to do anything to avoid it until it's too late. If someone has sown seeds of discontent that are starting to take root, now might be a good time to have a sincere talk with that person.

Plant the idea of seeking a professional consultation with your company's EAP. It won't cost anything, and it might help you to clarify where you want to go with your relationship and how you plan to get there. You don't have to wait until it's too late to have a civilized conversation.



This may sound like a lot of work before it's really necessary. It's true; we would rather harvest fully ripened fruit than go through the dirty work of digging deep into ourselves and our relationships.

It requires careful thought and a lot of trust to believe that our hard work will pay off some day. We do it with children all the time. When you read a story to your little niece, for example, you're planting in her the seed of loving to read. She may have no idea now of what an alphabet is, or how you got so smart that you can make sense of those funny words on the page. But the seed you're planting will become a flower for her to carry proudly once she is in school.

We plant the seeds of adult good manners in our children when we insist that they say "thank you" to Aunt Jane for the new socks, even though they have last year's favorite cartoon character on them instead of this year's. How many times have you been distracted at the movies by chatty neighbors whose parents never taught them to respect other people's rights to hear the film as well as see it?

Planting seeds requires hard work, patience, trust, and an occasional hand from a friend.

Call your Employee Assistance Program (EAP) at 800-742-2858 for confidential help with making your "garden" bloom!

