Thoughts GREAT and SMALL on.... “DETACHMENT”

Acceptance

“They should tell you when you are born: Have a suitcase heart, be ready to travel.” 
~Gabrielle Zevin

“There are as they are, we suffer because we imagined different.”
~Dalai Lama

Peace

“The root of suffering is attachment.”
~Buddha

“Everything is temporary: emotions, thoughts, people and scenery. Do not become attached, just flow with it.”
~Ann Landers

Perspective

Laws of Detachment
◊ Allow others to be who they are.
◊ Allow yourself to be who you are.
◊ Don’t force situations—solutions will emerge.
◊ Uncertainty is reality—embrace it.
~Deepak Chopra, Author, Speaker

Founder of the Chopra Center for Well-being

Spotlight on....

“Your heart must become a sea of love. Your mind must become a river of detachment.”
~Sri Chinnoy

“Anxiety is like quicksand, the harder we struggle to escape, the deeper we sink.”
~Stuart Downing

“It was my letting go that gave me a better hold.”
~Chris Matakes

Detachment transcends Anxiety

If detachment is your goal or your challenge, EAP is here to support you! Give us a call at 1.800.542.6021 to make your confidential appointment with an EAP counselor.