



It's Time for a Fresh New Start!



Most of us will be happy to see the year 2020 in our rear-view mirror. While it might still be awhile before our lives return to normal, there are still many things within our own control. Resolutions are all about change and self-improvement, either stopping bad habits or trying to develop good ones.

Our EAP counselors study the dynamics of change and offer insight into how to make resolutions that will stick: Make meaningful goals about what you'd really like to change or accomplish.

• Be realistic. Don't overdo it. • Focus on one or

two goals you'd most like to accomplish. • Go in with a concrete plan. Set aside the time, money and effort you need to be successful. • Share your goal and ask for support. • Expect setbacks. It can take months to establish a new habit or routine so keep trying. • Be positive. A resolution shouldn't be something you dread, it should be something that will improve your life. • Focus on the positives that the change will make in your life, not the hard steps you need to take to get there.

Your EAP can help. Tap into coaches, counselors, online services, and thousands of trainings and eLearning. Log in to www.HealthCareEAP.com to learn more about available benefits and to get ideas for improving the new year. You can also call the EAP at **1.800.252.4555** to discuss your specific challenges and obtain ongoing emotional support.

E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply login at www.theEAP.com/HealthCare-EAP, click the "Training Center" icon and choose the "New & Improved Trainings" icon.

- **Managing Stress and Anxiety During COVID-19:** [SVL_1020359](#)
6-minute video about how to maintain your mental and physical well-being while stuck in quarantine.
- **Working from Home with Your Kids:** [SVL_1020669](#)
5-minute video with tips about navigating your time while being pulled in all different directions.
- **Personal Financial Health: Money Saving Hacks:** [SVL_1020582](#)
8-minute video providing tips and tricks for cutting costs and generating extra funds to put into savings.

Winter Wellness

Don't let winter keep you housebound when it comes to fitness.

- Walking, running, hiking, jumping rope, cross-country skiing, and ice skating are all good winter exercises.
- Choose outdoor activities and places where it's easy to stay 6 feet apart, like parks, yards, and open-air facilities.
- Dress appropriately, wear reflectors in dim morning or afternoon hours, and avoid wet or slippery surfaces.
- When weather is too cold or wet, substitute online videos or classes in yoga, aerobics, or resistance.

For more wellness tips, visit the EAP online **Wellness Center** or call a Certified Wellness Coach today!