



## 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.theEAP.com](http://www.theEAP.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 on-going 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/TotalCare-EAP](http://www.theEAP.com/TotalCare-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!

