Making Change in the New Year

The new year is a great opportunity to reflect on the past year while considering making a positive change in the upcoming year. Here are some helpful ways to make simple behavioral changes more successful:

• Set aside the time to reflect on the past year, identify an area of your life that is most important to you and what you want to change about it. Commit to a specific behavior change that reflects your values (e.g., health, family, career, finances, etc.).
• Keep your behavioral goal as simple and realistic as possible (e.g., lose a few pounds, exercise more often, spend more time with my children, save or earn more money).
• Have a plan to achieve your goals (e.g., try to walk 20 minutes, three days a week).
• Receive support (e.g., tell someone about your plan, ask for support and ways of making you more accountable to it).
• Don’t give up! You will fall short at times, but the most important thing is to stick with your plan.

For information and resources during the holiday season, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.