

# EMPLOYEE ASSISTANCE PROGRAM NEWSLETTER

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*This is a quarterly newsletter for employees of organizations participating in the EAP Consortium. This newsletter covers topics of general interest to employees. Your suggestions of topics for future editions are encouraged. Please call the EAP office with your comments and suggestions.*

## New Year's Resolutions

For many of us, the holidays have ended and a new year has started. This is the time when most people look back and begin to set goals for the New Year. It is an annual ritual that begins with high energy and good intentions. However, for most of us sticking with resolutions is short lived.

### TIME FOR NEW BEGINNINGS

Prior to the holidays people begin to anticipate the over spending, eating and drinking. It is not unusual to tell ourselves, that we will begin after the holiday is over.

We have seen the Top New Years Resolutions

- ✓ Loose Weight and Eat Healthy
- ✓ Become More Active (Exercise)
- ✓ Spend More Time with Family
- ✓ Be a Better Parent/Partner
- ✓ Stop Smoking
- ✓ Get Organized
- ✓ Quit Drinking and or Using Substances
- ✓ Save More Money/Get Out of Debt



Early on we feel positive about our resolutions because we have not experienced any problem or discomfort. However, when we begin to feel deprived we return to the same behaviors we wanted to change. When this happens we come up with rationalization as to why, it's not a good time, it's too cold, I'm too busy, I have unexpected obligations.

### WHAT ARE THE BENEFITS?

. *Loose Weight and Eat Healthy.* weight loss is one of the most popular New Year's resolutions. Eating right can help you feel better, control weight and function better both on and off the job. There are many free and low cost options to help you.

. *Become More Active (Exercise):* regular exercise has been associated with health benefits, such as increasing longevity, achieving and maintaining weight loss, enhancing mood, lowering blood pressure, and helping to alleviate arthritis.

. *More Time with Family:* a sense of belonging is good for the body and spirit. People with strong support systems tend to be healthier, happier and better able to tolerate stress.

. *Be a Better Parent/Partner.* Your family may find that it is easier to be patient with each other when all of you know what's going on. Set aside some time during the week to talk about individual and family needs. Regardless of how rough a day has been, taking the time for an individual greeting and hug is important. When you pay attention to small things, your children may be encouraged to talk about serious things.

. *Stop Smoking:* there is much evidence to prove that smoking cigarettes, cigars or using smokeless tobacco is a health hazard. It is also expensive! Quitting may not be easy but it can be done. It is not unusual for smokers to

stop smoking 4 to 5 times before quitting for good. Remember second hand smoke affects those you live with. Your doctor and local organizations can provide you with options.

. *Get Organized:* can be about your home, office or personal life.

. *Quit Drinking and or Using Substances:* while many people use the New Year as an incentive to stop drinking and or using substances most are not able to make a change all at once. Quitting or reducing use benefits every aspect of your life and will improve health, and family relationships

. *Save More Money /Get Out of Debt:* many of us are impulsive about our finances. We think, wrongly, that financial planning is only for people who have lots of money. Most of us can benefit from meeting with someone to discuss finances.

### WHY DON'T WE STICK TO RESOLUTIONS?

One reason is that it requires change, a different way of doing things. It may mean we need to think of alternatives, something to replace the gratification we are giving up. We may also feel discouraged because it takes time. Most of us want results quickly. Another reason is physical discomfort. The cravings, which result from reducing food, alcohol, nicotine, and other substances or increasing exercise can be challenging at first.

### RESOLUTIONS and EAP

The Employee Assistance Program can be useful in following through with resolutions. There are times when having some outside help with our resolutions make them more attainable.

The EAP can assist in providing information and referrals to:

- Nutritionists
- Parenting Groups/Support
- Smoking Cessation Programs
- Counseling (Individual/Couple/Family)
- Alcohol and or Other Drug Treatment Programs
- Financial Management

For additional information and resources, contact your **Employee Assistance Program** at (914) 423-3277 or 1 (800) 794-EAPS.

