

EMPLOYEE ASSISTANCE PROGRAM



YOUR WELLNESS TIPS
JANUARY 2024

WELCOME 2024!

Change is the essence of life, and as the seasons and years shift, so can our lives. Let's dive into the exciting world of self-improvement and transformation. Whether you're looking to make small adjustments or embark on a grand journey of change, we've got tips and insights to guide you on your path to personal growth.

- 1. Identify Your "Why:":** Identify the values that are important to you and set goals that align with those values. Is physical health important? Relationships? Set goals that align with what matters to you.
- 2. Set Clear Goals:** Define what you want to change. Setting clear and achievable goals is the first step in your journey. Make sure your goals are **Specific**, **Measurable**, **Attainable**, **Relevant** and **Time-bound**.
- 3. Create a Vision Board:** Visualizing your goals can be a powerful motivator. Gather images, quotes and symbols that represent your aspirations and create a vision board to keep you inspired.
- 4. Develop a Growth Mindset:** Embrace challenges as opportunities for growth. Shift from a fixed mindset to a growth mindset, where every setback is a chance to learn and improve.
- 5. Break It Down:** Large changes can be daunting. Break your goals into smaller, manageable steps. This not only makes the process less overwhelming but also provides a sense of accomplishment along the way.
- 6. Find a Support System:** Surround yourself with like-minded individuals who can support and motivate you. Whether it's friends, family, or a mentor, a strong support system can be your anchor in turbulent times.
- 7. Self-Care Matters:** Take care of yourself physically and mentally. Prioritize self-care through regular exercise and time spent doing things you love.
- 8. Embrace Failure:** Remember that setbacks are a natural part of change. Don't be discouraged by failures; view them as stepping stones on your path to success. Fail forward.
- 9. Learn Continuously:** Education is a lifelong journey. Seek out new knowledge, read books, take courses and remain curious about the world around you.
- 10. Adapt and Adjust:** Be flexible in your approach. As you progress, you may find that your goals evolve. Adjust your plans accordingly to stay aligned with your changing aspirations.
- 11. Celebrate Your Successes:** Acknowledge and celebrate your achievements, no matter how small. It's these moments that keep you motivated to continue your journey of change.

Remember, change is not just an event; it's a process. It may take time, effort and determination, but the rewards are immeasurable. Whether you're pursuing a new career, healthier habits or more fulfilling relationships, these tips will guide you in your quest for transformation.

Keep in mind that TMH EAP is available for you every step of the way—whether you want to change but aren't sure how, in the process of change, or going through some growing pains, we are available to join you in your journey.

Call us at 850-431-5190.



“Nothing changes if nothing changes.”

If you are experiencing personal challenges in your work or life situation, confidential assistance is available through the Employee Assistance Program at Tallahassee Memorial HealthCare. Contact us at 850-431-5190.