



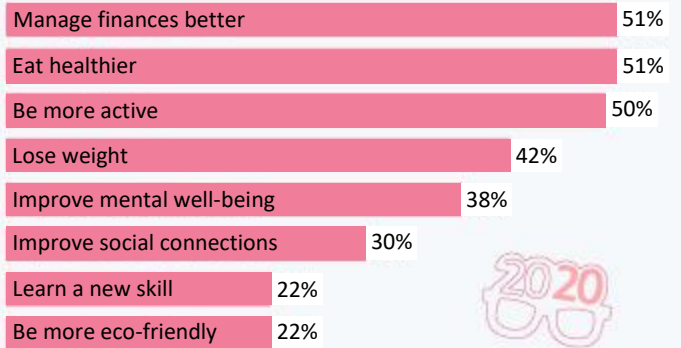
# January 2020

## New Year -- New Beginnings!

A NEW YEAR IS ON THE WAY AND THE POSSIBILITIES ARE ENDLESS.

### America's Top New Year's Resolutions for 2020

Most popular new year's resolutions among those planning to make one or several



Survey of 2,011 U.S. adults, Nov. 12-14  
Source: Ipsos for Urban Plates



### 7 Tips to Stick to Your New Year's Resolutions & Goals

1. Anticipate Problems
2. Break it Down in Small Steps.
3. Create a Plan.
4. Tell Someone.
5. Create a Trigger.
6. Visualize Your Success.
7. Reward Yourself.



What are some of the benefits of your Employee Assistance Program (EAP)?

- Quick and easy access to short-term counseling
- No cost to you and your dependents
- Confidential

## StressCare Behavioral Health EAP

### 419-531-3500