



## BOOK CLUB RECOMMENDATION:

***Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones***  
by James Clear

*Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*, by James Clear, is a comprehensive guide to understanding how habits work and using that knowledge to create lasting, positive change. The book emphasizes the power of small, incremental improvements (known as “atomic habits”), to transform lives over time.

This book delves into the difficulty of changing habits and notes that an individual’s “system” is in the way of breaking bad habits. Leaning into proven ideas from biology, psychology, and neuroscience, this book offers an easy-to-understand guide for making good habits inevitable and bad habits impossible.

During this read, you will learn how to:

- make time for new habits
- overcome a lack of motivation and willpower
- create an environment that fosters success
- get back on track when you fall off course

This book offers National EAP members strategies that can help create lasting, positive changes in your personal and professional life. By integrating the core concepts outlined in this book, you can cultivate better habits that enhance well-being, boost performance, and foster a more supportive and productive work environment.

This is an essential read for anyone looking to identify and embrace positive change and habits.

[Click here](#) for more information and to find a copy to purchase. >>

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Device >>](#)



**THRIVE WITH  
NATIONAL EAP**

## Goal Setting in the New Year



With the start of the New Year, we shift our focus on how to set ourselves up for the best year ahead. In January and February, we are thrilled to be offering two webinars that focus on setting goals.

[View the 2025  
THRIVE Webinar  
Calendar &  
Register Online >>](#)

**The January webinar is a “leadership spotlight” and offers insight into the importance of goal setting for leaders.** This webinar will explore goal setting techniques and identify strategies to establish clear and actionable goals to drive team and organizational success.

**The February webinar will enhance your goal setting abilities and develop habits that will make your goals stick!** During the webinar, you will explore goal setting techniques, the 3 “Rs” of habit formation, and identify strategies to maintain motivation.

## UPCOMING WEBINARS

**Wednesday, January 15 at 12 pm ET**

***Leadership Spotlight: Driving Success with Goal Setting for Leaders***

[Register for the Jan 2025 webinar >>](#)

**Tuesday, February 11 at 1:00 pm ET**

***Setting Goals that Stick***

[Register for the Feb 2025 webinar >>](#)

## Connect With Us On Social

**Follow National EAP on LinkedIn and Instagram!**

Stay updated on the latest news, resources, and insights related to your employee assistance programs.

[Click the icons  
to follow us >>](#)





# Don't Let Your New Year Resolutions Fall Short: Strategies for Success in 2025

At the start of a New Year, we often set goals and resolutions to set ourselves up for a successful year. While resolutions can be a powerful tool for positive change, we know they can also be challenging to maintain. At National EAP, we believe that setting realistic, achievable goals—along with the right support—can help you turn your resolutions into lasting habits.

We want to see you succeed in everything you do, so let's start with setting your goals. Keep these tips in mind to help accomplish your New Year Resolutions:

## Tips for Achieving Your Resolutions

- Set SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound)
- Secure the support and resources to achieve your goals
- Break goals into smaller, achievable steps.
- Be realistic and flexible
- Identify and put into practice accountability strategies (i.e.: accountability partner)

***Celebrate small wins  
Don't be too hard on yourself***

## Helpful Resources from National EAP

National EAP provides you with access to resources that can help make your New Year goals and resolutions more manageable, including:

- Financial coaching for saving goals.
- [Budgeting Guidance](#)
- [Traveling - Planning, Forms and Useful Webinars](#)
- Work-life balance resources for stress management

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[\*\*Schedule an EAP Session >>\*\*](#)

[\*\*Access Online Resources >>\*\*](#)

***With the right plan and support, 2025 can be your best year yet.  
Let National EAP help you stay on track!***



# Demystifying the EAP Experience

Employee Assistance Programs (EAPs) are here to support you through both challenging times and everyday wellness. National EAP provides confidential, professional support, from crisis management to proactive services aimed at improving your overall well-being.

Continue reading as we pull away the veil and break-down what it means to have an EAP and the benefits of using the resources available....

## What Does Your EAP Service Include?

- Personalized consultations to assess your needs
- Access to counseling, legal, financial, and identity theft consultation and resources
- Confidential counseling support to help navigate personal or work-related challenges
- Tools and resources to improve emotional health, increase productivity, and reduce stress

## Why Use an EAP?

- Free, confidential support to help you handle personal, work, and/or family issues
- Reduces stress and fosters better relationships and work outcomes
- To improve work-life balance
- Free and easy to access
- Build resilience, improve mental wellness, and foster personal growth

## What to Expect When Contacting National EAP

- Confidential Consultation
- Personalized Support
- Quick Response
- Empathy and Compassion
- Ongoing Support

[Access Your Member  
Portal Online >>](#)



# Building Positive Habits

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As we welcome January, it's the perfect time to focus on **Purpose and New Habits** to set the tone for a fulfilling year ahead. Throughout January, the Mindful Daily theme, **Building Positive Habits**, will inspire you to cultivate routines that align with your goals and values.

Join us for our quarterly webinar, **Breaking Free from Bad Habits**, where you'll learn practical strategies for overcoming obstacles and creating lasting change.

## Upcoming Live Session

### Breaking Free from Bad Habits

Tuesday, Jan 7th from 12pm - 1pm ET

Thursday, January 23rd from 2pm - 3pm ET

[Register Online >>](#)

**Not Registered for the  
Mindfulness app?**

[Sign Up To Begin  
Your Journey >>](#)

### **On-Demand Programs to Build Healthy Habits**

- [7 Days of Building Healthy Mental and Emotional Habits](#)
- [The Value of Emotions](#)