

Changes, goals and growth

Maybe you know the direction you'd like to grow or maybe you're still figuring it out. Either way, engaging with your goals while adapting to the world around you means learning from experience to keep moving forward.

That often means working on many aspects of life all at the same time. It's important to pay close attention to:

- **Fitness and well-being.** Over the past few years, many people have been forced to rethink their exercise and fitness routines. Hopefully you've got a plan that's working for you and you're able to stick with it. If not, give it some thought and see what you can do! Be sure to prioritize healthy eating and getting enough high quality sleep too.
- **Attention to mental health.** There are many stressors that can contribute to feelings of isolation, depression and anxiety. Being aware of the emotional cost of adapting to such changes can help you stay on track with making your mental health a priority.
- **Gratitude.** Take some time each morning or night to think of three things you're thankful for. Over time, practicing gratitude can boost your emotional well-being. You may even find yourself feeling more grateful as you go through your daily routines.

Move forward with positive hopes and energy — and call on us for support any time.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.