

Did You Know?

Ulliance not only provides face-to-face counseling services as part of your EAP benefit, you can also receive counseling and coaching services telephonically!

Speak to a counselor or coach on the phone when it's convenient for you—evening hours included!

We can help keep you on track and accountable!

We're Social!

Connect with us,
anytime, anywhere.



An Alternative to New Year's Resolutions

Be honest – how many times have you followed through with your New Year's Resolutions? For this author, the answer is "Zero." For many of us, failure to follow through on our New Year's Resolutions leads to disappointment and self-pity. But the fact is, feeling sorry for ourselves is unhelpful and counterproductive. After all, if you fail to reach a goal you've set for yourself, you only make things worse by dwelling on the fact that you didn't succeed. Instead, think about the goal itself – but think about it *differently*.

New Year's Resolutions typically involve a very systematic way of looking at a goal. For example, "I am going to go the gym at least twice a week!" or "I am going to lose at least 15 pounds by May!" For some of us, having a concrete, measurable goal works! But some of us can easily get discouraged if by, say, February we miss one of our two weekly gym visits. Or if we put on a little weight in March, instead of losing. One small setback can completely derail us from following through on our resolutions.

If you find yourself derailed by small setbacks on your path to success, we encourage you to think less systematically and more holistically about your goals. Maybe the goal for you shouldn't be "I am going to go to the gym at least twice a week!" Maybe the goal should be "I am going to make changes in my routine and lifestyle that will make going to the gym more feasible for me!" Maybe this looks like making changes in your diet – eating better, more nutrients-rich food so that you have the energy after work to work out. Maybe it means you'll set your alarm clock early a few times a week so you can hit the gym before work. Maybe it means taking a brisk walk on your lunch break or, if the work you do is sedentary in nature, taking more short walks throughout your day. Your Life Advisor Employee Assistance Program has plenty more recommendations about how to maintain an active and healthy lifestyle, and how to follow through on your resolutions once and for all!

