![TotalCare EAP - A division of ESI]

Resolve to Live Intentionally in 2025

Year end is a good time to take a self-inventory of how your life progressed over the past year and to plan what you'd like to accomplish in the coming year. How did your resolutions fare in 2024? What went better or worse than you planned? That's a good place to start. And here's a challenge: Consider that one quarter of the 21st century is in our rear-view mirror. What are your plans for the next quarter century? While it might sound daunting to think so far ahead, having a life plan is important so that we can live with purpose and intent. In the hubbub of day-to-day living, we're often operating on auto pilot. It's important to have guideposts to keep us headed in the right direction. That's essentially what people mean when they talk about "living intentionally." It's simply a way to consciously and mindfully live our lives in alignment with our core values, beliefs, and goals.

As you plan for the year ahead, why not *establish your intentions* rather than *make resolutions*? The reframing of "intentions" puts emphasis on the positive, on the process, and on the long-term, while resolutions are often short-term, concrete steps.

Research shows that most resolutions are abandoned within a month or two, which can start the year with a feeling of failure. Instead, make one simple resolution for 2025: To live more intentionally.

Here are some ideas for living more intentionally in the year ahead and ways your EAP can help:

- **Work towards a personal or professional goal.** Need help? Log in to explore resources **to help in setting your goals**, clarifying your vision, organizing your time, and creating a path forward.

- **Prioritize your mental health**. By using the **Talkspace Go App,** you can improve your mental health and wellbeing in just 5 minutes a day.

- **Get along better with the important people in your life.** Coaching in Effective Communication can help you strengthen your emotional intelligence and improve interpersonal communication skills, both at work and at home.

- **Establish better work / life balance.** Log in to explore tools for **achieving a healthy Work/Life Harmony**.

- **Reduce stress and learn to relax.** One-to-one coaching can help you manage stress and live in the moment. Learn about the benefits of yoga and meditation. For EAP coaching, call 800-252-4555.

- **Remove roadblocks.** Counseling can help you with unresolved problems that are impediments to your progress. Make 2025 the year to address an issue that has been worrying you or holding you back. Call 800-252-4555 to speak with a counselor.

Download the Talkspace Go App

Download the **Talkspace Go App** for help for relationships, parenting, depression, and much more.

Featured December Webinar

Strategies for Stress Relief

The responsibilities of modern living can be overwhelming, but you can learn techniques and strategies to manage and relieve stress. Understand the symptoms of stress, how they manifest in day-to-day life, and ways to effectively manage stress. To access this Webinar and related resources, simply log in to **www.theEAP.com** during December.

Holiday Wishes from your EAP Team!

In this holiday season, all of us at ESI Employee Assistance Group extend our wishes for peace, love, health, and happiness to you and your loved ones! Our counselors and coaches look forward to being there for you and your family in a fresh new year! Remember: as the season progresses, no matter how or where you celebrate, if things don't go as planned and you need help, you can reach out to your EAP 24/7/365 – even on holidays – **by calling 800-252-4555.**

End the Year Smarter!

Haven't met your personal learning goals for the year yet? There's still time. Choose from thousands of training topics. Below are a few suggestions or search for your own themes. Simply click on **"Member Login"** at **www.theEAP.com**, sign in, and click on the comprehensive training library in the **"Training Center."**

- **NEW! Google Workspace Essentials | Course ID: SVL_2051019**
  Learn all the powerful apps available in Google's collection of tools for cloud computing, productivity, and collaboration. Broken into 21 segments from 2 to 8 minutes in length, or 98 minutes in total.

- **Driving Safety: The Basics | Course ID: SVL_084221**
  Transportation-related incidents are one of the leading causes of work-related fatalities. This 21-minute video covers information employees need to drive cars, vans, and small trucks safely, both on and off the job.

- **NEW! Digital Detox | Course ID: SVL_4000195**
  This 17-minute video helps you understand the impact of digital overload on your mental and physical well-being, Explore techniques to reduce screen time, set healthy boundaries, and cultivate habits that promote a balanced lifestyle.

December Observances

- **Safe Toys Month**
- **12/1 – World AIDS Day**
- **12/1-7 – National Handwashing Awareness Week**
- **12/2-6 – National Influenza Vaccination Week**
- **12/3 – International Day of Persons with Disabilities**
- **12/25 – Christmas**
- **12/25-1/2 – Hanukkah**
- **12/26-1/1 – Kwanzaa**

Learn More!

Accessing Your EAP Training Center

1. Go to **www.theEAP.com** and click the **Member Login** button.

2. If you've already created an account, log in with your Username/Password.

3. If it's your first time, click **REGISTER** to create your Username and Password. *You only need to register once.*

4. Click the **Training Center** and then choose **Comprehensive Training Library**.

5. In the Search bar at the top of the screen, type the course code or search for a topic.

6. Click the course icon and click the **Play** or **Start button** to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Scan the QR code with your device or smart phone to explore more of your employee benefits!

How to Scan a QR Code

1. Open the camera app.

2. Select the rear-facing camera in Photo mode.

3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.

4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

98% Employee Satisfaction Rate

www.theEAP.com | 800.252.4555