

01 January 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Goal Get It!

Setting smaller goals can lead to big changes. Kick off 2025 by identifying one personal and one professional goal using the S.M.A.R.T. guidelines below:

- S Specific** – Be specific about what you want to achieve
- M Measurable** – Make sure you can measure your progress
- A Achievable** – Reflect on how likely you are to accomplish this goal
- R Relevant** – Explore if this goal aligns with other parts of your life and values
- T Time-Bound** – Set a timeline for when you would like to achieve your goal

Personal Goal:

Professional Goal:



**Need help
setting goals?**

**Sign up for Life
Coaching at EFR!**

Call 800-327-4692 or
scan below for more info!



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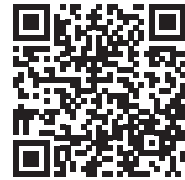
EFR EMPLOYEE & FAMILY RESOURCES

Comic Relief

Releasing laughter can reduce stress, soothe tension, and stimulate your heart, lungs, and muscles. So maybe it is true when they say laughter is the best medicine! Explore five ways to get a good laugh:

- **Watch a funny movie**
- **Stream your favorite comedian**
- **Relive your favorite funny moment**
- **Learn a new joke**
- **Try laughter yoga**

**Scan here to try
laughter yoga!**



03
March
2025

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Gut Check

The gut stores bacteria that may lead to fatigue or an upset stomach when not balanced properly. Explore five ways to keep your gut healthy.

- Plan for seven hours of sleep to help reduce stress.
- Eat meals over the course of 20 minutes to allow for improved nutrient absorption and digestion.
- Drink half your body weight in ounces of water to improve digestion and gut mobility.
- Focus on more fruits, veggies, and fiber and less added sugars to keep things moving.
- Reduce stress by using your EAP benefit! Call 800-327-4692 to set up counseling sessions.



04
April
2025

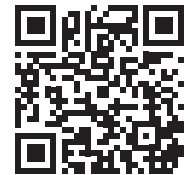
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Namaste All the Way

Yoga is a great way to relax, reduce stress, and connect with yourself. The great news is that you don't need anything fancy to begin a yoga practice. If you have your body and breath, you have all you need to get down, dog! Here are three ways to explore this ancient practice:

- Focus on your breath in the morning, before you start your day. This can be as little as one minute of intentional breathwork!
- Attend a yoga class in your community! Explore options in fitness centers, yoga studios, or even your local parks and rec department!
- Practice yoga in the comfort of your home by finding an instructor on YouTube!

**Scan here to find an
online yoga practice!**



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05 May 2025

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Boundaries, Please!

If you are seeking less stress, more opportunities for self-care, and feelings of comfort and safety, look no further than setting boundaries! Boundaries are meant to keep people safe, not meant to keep people out, and they can exist in all areas of life. Here are five ways to explore boundary setting this month:

- Set app limits on your digital devices! Having boundaries around what you're doing and how often you're on your devices can be a game changer and open up other opportunities.
- Identify 15 minutes each day that you can devote to self-care. This could be taking a walk, getting extra rest, or making a healthy meal.
- Establish a nighttime routine by implementing a bedtime. Being well rested can reduce stress and help you think clearer.
- List all your commitments. This allows you to evaluate how you are spending your time.
- Ask yourself three questions
 1. Does this need to be done?
 2. Does this need to be done by me?
 3. Does this need to be done now?

**Unsure of how to set boundaries?
Connect with EFR to learn more about
how our counseling services can be of
service to you!**

**Call 800-327-4692
or scan here to learn more!**



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06
June
2025

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Perk Up

Are you feeling low on energy day after day? Do you find yourself hitting snooze each morning? Are you struggling to get through the afternoon? If you can relate to even one of those situations then it might be time to evaluate these areas of your wellbeing: hydration, sleep, and physical activity. Here are three goals to overcome daytime drowsiness:

- **Your Goal:** Drink half your body weight in ounces of water each day.
- **Your Goal:** Set a bedtime that allows for 7 hours of sleep each night.
- **Your Goal:** Strive for at least 5,000 steps each day! If that is too easy or your feeling ambitious, increase to 7,500 steps.



07 July 2025

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Open Your Heart

Tap into your heart by connecting with yourself and others. The heart is deeply connected to your emotional health. See how these five heart-healthy activities enhance your overall wellbeing.

- **Strengthen your social connections.** Reach out to a family member, friend, or colleague to check-in and schedule time to connect in person.
- **Express Gratitude.** Brighten your outlook with a quick listing of the parts of your life you are grateful for or write a note to someone who has made a difference in your life.
- **Practice Mindfulness.** Tune in to your body using your breath. Take time to smell the roses. Turn off the noise around you and be present.
- **Forgive.** Identify a person (it could be you!) that you choose to forgive. Find peace with the past and look forward to the future.
- **Acknowledge Loss.** Tune in to your feelings as it relates to loss – the death of a loved one, change in relationship or job, or passage of a life stage.

If you are looking to connect with others who have similar life experiences, consider joining Togetherall, a peer support platform where you can give or get support. Scan below to join!



08 August 2025

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Full Circle

It's time to check in with all eight dimensions of wellbeing! See the list below and see how many you can check off!

- **Physical:** Eat breakfast every morning
- **Intellectual:** Read a book
- **Occupational:** Take a lunch break each day
- **Environmental:** Spend time outdoors
- **Spiritual:** Sign up to volunteer for a cause you support
- **Social:** Go for a walk with a friend
- **Emotional:** Journal about an important time in your life
- **Financial:** Explore your Financial Consultation EAP benefit!

Scan the QR code or call
800-327-4692 to learn more.



09

September

2025

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Prep Work

One of the best ways to ensure you are on track with your nutrition goals is to be prepared! Here are five ways you can set yourself up for success in the kitchen:

- 1. Meal plan.** Have your meals planned for the week so you know ahead of time what you are eating.
- 2. Make a grocery list.** Identify what you need based on your meal plan.
- 3. Wash and cut produce.** After you get fresh fruits and veggies home, get them washed, cut, and ready to eat.
- 4. Pack Lunch.** Have lunches for adults and kids prepared and packed the night before.
- 5. Snack wisely.** Keep healthy snacks in your office, car, or purse/bag for when hunger strikes.



10 October 2025

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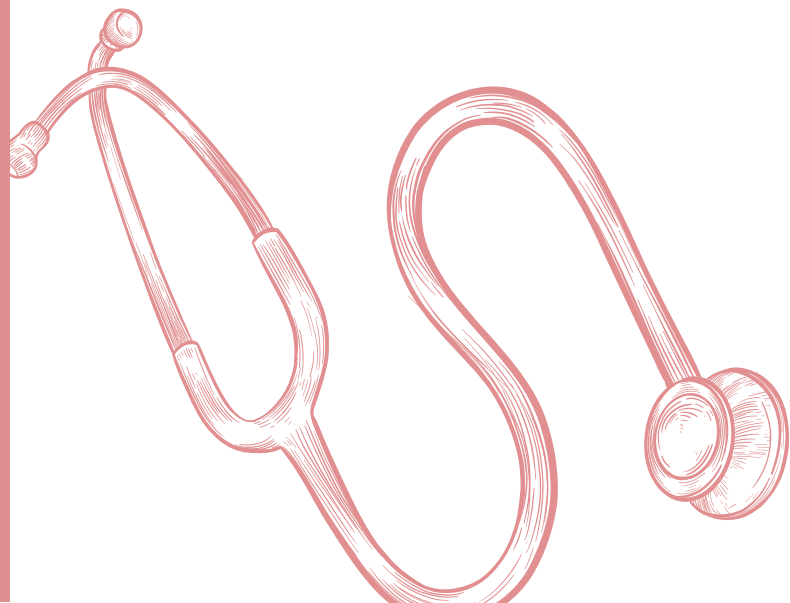


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Tune Up

When was the last time you did a health check? If you're paying closer attention to when your car needs an oil change than you do your regular health screenings, it's time to re-prioritize! Jot down the last time you connected with a health professional (where applicable) across these important aspects of your wellbeing:

- **Annual Exam** – blood pressure, glucose, cholesterol screen
 - **Annual Exam** – pap smear, mammogram, breast exam
 - **Annual Exam** – prostate screening
 - **Annual Exam** – colorectal cancer screening (colonoscopy)
 - **Dental Exam**
 - **Eye Exam**
 - **Mental Health** – don't forget you have access to counseling services through EFR!
- Scan the QR code or call 800-327-4692 to learn more.**



11 November 2025

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Tis the Season

The holiday season can be a time for indulging in some favorite foods and beverages while connecting with loved ones. Here are five ways you can keep your wellness intentions in focus while enjoying seasonal favorites:

- **Make your own treats.** When you make your own treats, you know exactly what the ingredients are and you may savor them longer.
- **Share treats.** After making your own, share with family, friends, or colleagues.
- **Stick to favorites.** If you focus on eating your favorite foods this time of year you may enjoy what you are eating and have a better balance of how much you eat.
- **Drink water.** If you want to save calories for special treats you may want to drink more water and less alcohol, juice, and soda.
- **Plan ahead.** If you are going to several celebrations in one day or over a series of days, be mindful of what you are eating from one to the next. For example, you may choose to have light snacks at one, dinner at another, and save dessert for your last stop.



12

December 2025

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Be Present

When life gets busy it can be easy to lose focus on yourself and what is important to YOU. Turn the focus back to yourself by exploring these five activities:

- **Create a 10x10 gratitude journal** – jot down 10 things a day for 10 days you are grateful for.
- **Phone-free time.** Designate 30 minutes each day that your phone is out of sight.
- **Focus on your breath.** Take a time out to focus on your breath. This could be when you are waiting in line, every time you stop at a red light, or when you are falling asleep.
- **Walk outdoors.** Go for a nature walk and explore the environment around you.
- **Turn off noise.** Turn off the TV, radio, podcasts, or whatever is filling your head with noise and appreciate a few, or many, minutes of quiet at least once a day.

