

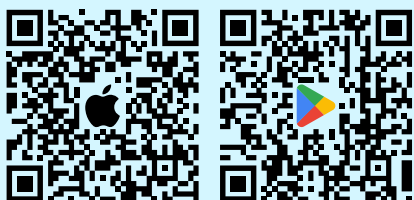
JANUARY 2027

CONNECT

WITH YOUR WELL-BEING

The beginning of a new year is a great time to connect with your well-being. If you want to create new goals and start healthy habits, the first step is checking in on how you're doing physically, mentally, and emotionally. By checking in with yourself now, you can set realistic and attainable goals that help you feel accomplished, fulfilled, and healthier!

- ☐ Set a goal for January.
- ☐ Journal to reflect on the past year.
- ☐ Create an account for the app and take EFR Mental Health Check-Ins.



Visit efr.org/register to create a profile, then download the app.

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

