

Explore the possibilities



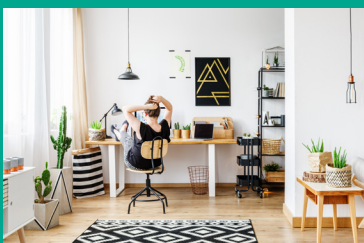
January 2018 Newsletter

Put your personal vision “up in lights”

Monthly Awareness:
The benefits of being organized

Infographic:
Ways to unleash your creativity

Let's Talk video:
Grandparenting



Happy 2018! A new year is a good time to focus on fresh goals. **Learn how vision boards help you stick to your goals.**

Most people know being organized feels good and helps them be more productive. **Learn about the surprising health benefits of organization.**

Looking to try something new? Tired of the same old-same old? **Find some ways to open your mind and see things in a whole new light.**

Follow these guidelines to make life go smoothly between children and grandchildren. **Watch the *Grandparenting* video here...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

Put your personal vision “up in lights”



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Happy 2018! A new year is a good time to focus on fresh goals. And one of the most powerful ways to do this is by creating a vision board.

What's a vision board?

It's a display — created by you — of words, phrases, articles, pictures or items that inspire you. Or they might represent something you'd like to achieve.

Think of it as a collage of your feelings, thoughts and plans. Whenever you see an item that represents your aspirations, put it on your board.

How does a vision board help you?

We all absorb and react to information in different ways. One of the most powerful is through what we see — or “visual cues.”

Visual cues serve as strong reminders and reinforcements. Traffic lights are a good example of visual cues. You always know that red means “stop,” green means “go” and yellow means “slow down.”

Vision boards work the same way. When you look at your vision board, you see words, phrases and pictures that make you feel confident, motivated and inspired. Each time you see your board, you're reinforcing your commitment to yourself and your goals.

How do you make it?

You can use any kind of surface where you can tack, pin, tape or attach things. For example, try a cork bulletin board or poster board.

You can also make more than one vision board. For example, you might want to have one at home and one at work. That way you can nurture personal motivation wherever you are.

Make it your own

There are no rules for vision boards so create whatever's meaningful to you. Add or change things as often as you like. Seeing your board each day can add momentum and energy to your visions.

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The (surprising) health benefits of being organized



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Most people know being organized feels good and helps them be more productive. But did you know there are important health benefits to being organized? Here are just three:

Benefit #1: Improved mood and focus¹

Living in clutter can be distracting and depressing. Waking up to a mess may make you feel defeated before the day's even begun. And coming home to chaos at the end of a work day isn't much better. It may cause your stress hormones to spike — just when you need to wind down. Taking time to straighten up can lift your mood and help you stay on task.

Benefit #2: Healthy eating¹

A messy environment is stressful. When stressed, we tend to choose comfort food — not necessarily healthy food. But when you live and work in an organized place you tend to think ahead, plan meals and buy healthier foods.

Benefit #3: Better sleep²

For better sleep and a healthier environment, remove excess stuff from your bedroom. You'll be removing dust and bacteria as well as creating a calmer atmosphere. It's easier to fall asleep in a clean, organized space. And you'll have a more restful night.

You can do it

Want to get more organized? Start small and clean up a little each day. Your motivation — and health benefits — can grow as you see the clutter shrink.

¹Fowler, Paige. How Cleaning and Organizing Can Improve Your Physical and Mental Health. Shape. Accessed October 2017

²Kittaneh, Firas. Achieve better sleep: 7 Tips for a Cleaner and Healthier Bedroom. Huffington Post. Accessed October 2017

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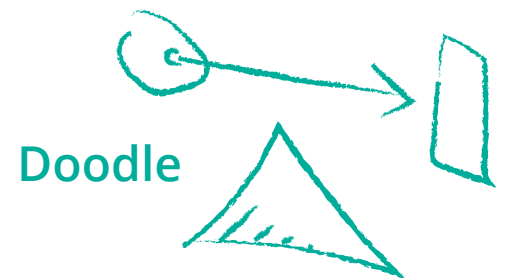
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Ways to unleash your creativity

Got a problem you need to solve? Looking to try something new? Tired of the same old-same old? Here are some ways to open your mind and see things in a whole new light.



Learn about people who inspire you



Keep a journal



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