

## New Goals for the New Year



The start of a new year is the perfect time to freshen up life goals and look forward to making positive changes. Whether looking to create new goals or for support to achieve success in specific areas, here are five ways your Employee Assistance Program (EAP) can help with new goals for the new year:

1. **Build Better Relationships**

From marriage and family to friends and colleagues, there is always room to strengthen communication and connection. If a specific relationship is challenging, turn to the EAP for confidential, complimentary and professional clinical support in building healthier relationships.

2. **Boost Financial Wellness**

Making smarter financial decisions begins with awareness and education. Whatever the need, from tax advice or credit issues to will preparation and college savings plans, [your EAP has tools and resources to help](#). Legal and financial experts are available to consult on any legal or financial concern and provide action plans for improvement.

3. **Stress Less**

While a certain amount of stress is normal and even healthy, chronic high stress can

wreak havoc on health, relationships and every aspect of life. If this is the year to finally tackle stress and feel better inside and out, the EAP provides a variety of tools and resources to make that goal a reality. Turn to the EAP for stress management consultation, time management tools, and all-inclusive caretaking referrals for child care, elder care and even pet care.

4. **Practice Better Self-Care**

Boost well-being—mind, body and spirit—with a wide array of EAP resources and tools for [self-care and emotional wellness](#). Healthy living begins with mindset, and the EAP can help tie values and goals to specific strategies for self-care and healthier living.

5. **Create a Roadmap for Life Goals**

For anyone seeking personal or professional empowerment, the EAP provides confidential, complimentary sessions with a professional clinician. EAP providers are available to help individuals assess challenges, identify personal passions and create a roadmap to achieve life goals. Let the journey begin!

ACI Specialty Benefits provides a contemporary and confidential Employee Assistance Program (EAP) including benefits and perks that alleviate stress and help employees and families thrive.

Contact 855.775.4357, [rsli@acieap.com](mailto:rsli@acieap.com), or through the [myACI Benefits mobile app](#) to get started.