

YOU DON'T HAVE TO RESET YOUR WHOLE LIFE, TRY YOUR 2024 NEW YEAR'S RESOLUTION ACCORDING TO YOUR BIRTHDAY MONTH

**Don't like what your month says?
It's okay to try something from a
different month!**

January Practice a new skill	February Read 1 new book	March Drink more water	April Set boundaries with work
May Try new ways to exercise	June Develop Healthy Sleep Schedule	July Call friends & family more	August Improve posture
September Spend more time outdoors	October Clear clutter every month	November Write in a journal 1-2x a week	December Meditate 1-2x times a week

**To access counseling & work
life services,**

**contact us 24/7 at
800.989.3277**



LIFESTYLE EAP
Wellness at Work