

It's that time of year again! Many of us set new goals and resolutions. **Now what?** 

Your AWP EAP can assist in navigating resources on nutrition, exercise programs, stress management, well-being, and healthy goal setting – all designed to assist you in achieving success/

Start off the New Year on the right foot and contact your EAP at 1-800-343-3822 or view our online services at awpnow.com. Help is just a phone call or a click away!

## **HelpNet**

Your HelpNet benefit provides access to AWP's self-directed online tools and training. Each program provides self-assessments and modules for specific areas of interest.

To get started, we recommend utilizing the following HelpNet Resources:

#### **Health Assessment:**

- Fitness
- Health Assessment
- Resilience Scale

#### **Training:**

- Achieving Personal Goals
- Health and Wellness
- Time Management

Certificates of participation are available upon successful completion.

#### Tools:

The Resilience Journey

You can also enter a keyword or key phrase in the search box to explore opportunities such as Goal Setting, Nutrition, Exercise, Weight Management and more.

# Counseling

The hardest part in achieving a goal is changing behavior. Working with an EAP counselor can help you create a plan, follow the steps and overcome challenges. Your EAP offers short-term counseling for a variety of personal issues, including stress.

- Relationship Issues
- Personal Growth
- Stress and Lifestyle Balance
- Depression / Anxiety
- Financial Issues
- Substance Abuse
- Legal Issues
- ANY problem affecting your Quality of Life

## Confidential

No identifying information is provided to your employer

# No cost to you

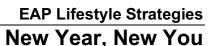
# **Available anytime**

24 hours a day, 7 days a week, 365 days a year.

**Get Started Today!** 

800-343-3822







### AWPnow.com

Your AWPnow.com blog provides tips, tools and resources for a variety of what life hands us each and every day. Maintaining a healthy lifestyle is an everyday challenge especially if you are just beginning your journey. Search for articles on what to eat, how to develop a meal plan, how to survive the holiday feasts and treats, how to set fitness goals or 10-minute workouts. You can always depend on the AWP blog to provide quality articles that guide you through your healthy lifestyle journey.

#### **Topics include:**

- How to Set Fitness Goals and Crush Them
- Workouts That Help You Burn 100 Calories in Just 10 Minutes
- Delicious Swaps for a Heart Healthy Diet
- How to Cook Faster, More Healthful Meals

## Select a Category or Search:

- Fitness & Exercise
- Meal Planning
- Goal Setting

Take a look to see what you can learn today, or maybe find a reminder (or two):

#### **Monthly Webinars**

There are times when you need information and others where you need motivation. We can help you with both! Our timely webinars are a great resource for developing your talents at no cost to you. Participate in the live webinar or view the recording via AWPnow.com.

### WorkLife Services

Your EAP regularly helps people much like yourself locate the services they need to help family members and themselves cope with life's challenges. Frequently the hardest part of a decision is doing the research to make your choice. By calling 800-343-3822, you can have a no cost, confidential conversation with an Intake Counselor who will assist you with telephonic resources and referrals for every day needs.

#### Includes:

- Volunteer opportunities
- Legal
- Elder Care
- Nutrition
- Hotlines
- Support Groups

... and more

## Financial Stress

Each day, millions of Americans struggle with their finances. Money matters go beyond just not having enough money at the end of the month. The strain impacts health, well-being and relationships. Surveys indicate people sleep less, argue more, eat poorly, gain weight and get sick more often. Your EAP can help you get back on track! Call us today to get started.

### **Monthly Newsletters**

Your monthly EAP Publications – Balanced Living and Wellness News - provide timely articles and resources for a healthy lifestyle. Check them out each month for useful information.

#### **Lifestyle Tip Sheets**

Flyers providing tips and tools to manage daily healthy living. These are available upon request in PDF format. Topics include: **Exercise Your Way**, **Start Walking**, **Checklist for Everyday Health**, **Grilling Healthy**, and many more.

