



# EAP: In Focus

Volume 18, Issue 1  
Newsletter of your Employee  
Assistance Program

WINTER 2018



## Setting Goals

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...
- Just call

**1-800-226-7930**

For many of us, New Year's resolutions are grandly made—and easily broken. Why? Because most often our intentions are good, but we fail to make a plan. The plan is the guide to put your resolution into action so that you can reach your goal.

Setting a small goal, like getting up half an hour earlier in the morning so that you can get where you need to be on time, may be challenging, but it just takes practice. Within a month or so, it will become a habit that is easy to keep. Knowing that you can make small changes can give you the motivation and confidence to tackle yet another.

Setting realistic goals with a workable plan to implement it can lead to a noticeable improvement in your life. It is better to build on small successes, rather than have a spectacular failure. Your small successes will lead to a greater awareness of your own ability to accomplish change, and improve your attitude towards change!

When developing your plan to achieve your goal, be realis-

tic. You probably won't make the Olympic team the first year you try a new sport. Set achievable timeframes, establishing deadlines for each step, and crossing them off as you go.

Acknowledge your achievements along the way. Reaching a goal takes hard work and consistent effort, and it is easier to stay motivated when you cheer yourself on. Don't be surprised if others are supportive too.

### Quotation Corner

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

E. E. Hale

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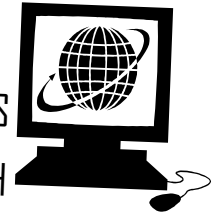
**Caring, Confidential,  
Convenient**

**Synergy**  
EAP Solutions

CHECK THESE OUT!!

WWW = WEB PAGES

WORTH



WATCHING

Read about other Random Acts of Kindness

Website dedicated to promoting random acts  
of kindness

<https://www.randomactsofkindness.org/>

## Getting Kinder as a family

With the New Year here, what can we do as a family to make our little corner of the world a better place?

One idea might be to agree as a family to perform random acts of kindness as you go through your busy lives.

These random acts of kindness do not need to be expensive, but rather benefit friends, family and total strangers in whatever manner we can. Sure, we can pay for the cost of the next person's order, but that can be pricey at times. If you have ever been on the receiving end of a stranger's generosity, you can recognize what a wonderful boost it can be.

But what can we do at little or no cost? Brainstorm ideas with the whole family. Here are some ideas to get you started:

**No act of kindness,  
no matter how small,  
is ever wasted.**  
- Aesop

Bake some cookies and deliver them to an elderly neighbor; serve meals for the homeless at a local shelter; pick up litter in a park or on the beach; make dinner for a family going through a rough time; write a

note to a friend telling them how special they are. I'm sure your family will come up with lots of ideas.

Then plan to report on your efforts, both individually and as a family, at least once a week. By keeping the focus on these commitments, you will increase the likelihood that you will continue through the year.

If you or another family member is crafty, create a scrapbook with examples of some of your best endeavors. It will become a family heirloom, and encourage all to look for creative ways to participate!