

EAP CONNECTION

January 2022



**Employee
Assistance
Program**

CONFIDENTIAL assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator
or call 1-800-822-0244
goer.ny.gov/eap

Making Change in the New Year

The new year is a great opportunity to reflect on the past year while consider making a positive change in the upcoming year. Here are some helpful ways to make simple behavioral changes more successful:



- Set aside the time to reflect on the past year, identify an area of your life that is most important to you and what you want to change about it. Commit to a specific behavior change that reflects your values (e.g., health, family, career, finances, etc.).
- Keep your behavioral goal as simple and realistic as possible (e.g., lose a few pounds, exercise more often, spend more time with my children, save or earn more money).
- Have a plan to achieve your goals (e.g., try to walk 20 minutes, three days a week).
- Receive support (e.g., tell someone about your plan, ask for support and ways of making you more accountable to it).
- Don't give up! You will fall short at times, but the most the important thing is to stick with your plan.

For information and resources during the holiday season, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.



WellNYS Everyday
goer.ny.gov/wellnys-everyday



Online Training and Webinars
www.achievesolutions.net/empireplan/resources



Network Child Care Centers
goer.ny.gov/nys-network-child-care-centers



NYProjectHope.org
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week



Pre-Retirement Planning
goer.ny.gov/directions-pre-retirement-planning-information



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.