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Your New Year 2021 plan likely looked a lot different than what it used to be – you may have traded in a New Year's Eve party for more time on the couch in front of a festive New Year's movie, and your resolutions may look different too. The past few months have been challenging for many of us, and the New Year is the perfect time to reflect on the past year and reset for the future. Rather than setting typical weight loss goals for 2021, fill your resolution list with easy, good-for-you goals that target your overall mental and physical health. Let's celebrate 2021 with some positivity, high hopes and the desire to make the world a better place!

This theme will provide you with information and ideas for choosing healthy New Year's resolutions and tips on how to stick with them.

For this month's theme, we have provided you with a short TED Talk video called "Try Something New for 30 days" by Matt Cutts. This short talk offers creative ways to think about setting and achieving goals. You can access the video here:

- [Try Something New for 30 Days](#)

In addition to the video, we also have the following resources available for you:

- [7 Tips to Kick-Start Healthy Eating Habits After the Holidays](#)
- [Break Those Bad Habits](#)
- [How to Make \(and Keep\) a New Year's Resolution](#)
- [Make a Cyber Safe Resolution](#)

This year, we challenge you to participate in National Clean off Your Desk Day on Monday, January 11th. Check out the article below for guidance on cleaning your desk and to learn the benefits associated with tidying up your personal space. For those who do not work in an office environment, these cleaning tips can be applied to cleaning a personal space in your home or even your vehicle. We hope you participate and clear your path (literally) to a clearer mind.

- [The Mental Health Benefits of "Tidying up"](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play