

SOLUTIONS

STARTING THE YEAR STRONG



SMALL HABITS FOR A HEALTHIER YOU

The beginning of a new year is the perfect time to reset, recharge, and focus on small steps that can make a big difference for your mental and physical health. You don't need to overhaul your entire lifestyle — straightforward, steady habits can set you on a happier, healthier path.

SIMPLE WAYS TO RECHARGE MENTAL HEALTH



Build in short pauses

Take a few minutes between tasks to reset and refocus. Even five minutes of deep breathing or stretching can help you reset.

Practice gratitude

Write down one or two things you're thankful for each day. At work, share recognition with colleagues or acknowledge daily wins within your team.

Stay connected

Reach out to friends, colleagues, or family for regular check-ins.

Set healthy boundaries

Protect your time and create space for personal recovery by saying no to nonessential obligations, unplugging from screens, and logging off from work at a reasonable time.

Tip: Small, consistent practices matter more than dramatic changes. Over time, they build resilience, reduce stress, and evolve into a healthy habit.

BUILD A WORKOUT ROUTINE THAT STICKS

Many people start strong in January but lose momentum by February. The key is to make your workouts realistic, enjoyable, and sustainable.

- **Start small**

Commit to 10 to 15 minutes a day to establish the habit.

- **Choose activities you enjoy**

Whether it's walking, dancing, yoga, or cycling, any movement is effective.

- **Set specific goals**

Instead of "exercise more," aim for "walk three times a week."

- **Mix it up**

Rotate activities to challenge different muscles and avoid boredom.

- **Track progress**

Use an app, calendar, or journal to celebrate milestones.



Tip: Think "consistency over intensity." A moderate, steady routine beats sporadic bursts of overexertion.

OVERCOME THE WINTER BLUES

Also known as seasonal affective disorder (SAD), shorter days and colder weather can impact mood and energy levels. A few easy strategies can help:

- **Get natural light**

Step outside during daylight hours, even if just for a short walk.

- **Stay active indoors**

Try home workouts, stretching, or active chores.

- **Eat for energy**

Choose nutrient-rich foods like fruits, vegetables, and whole grains.

- **Stay social**

Plan small gatherings, virtual meetups, or family game nights.

- **Prioritize rest**

Keep a regular sleep schedule to support mood and energy.



STAY CONSISTENT

Real success lies in what you do daily, not occasionally. Start small, be diligent, and watch those small steps lead to big wins. With continual effort, you'll build momentum that carries you into spring and beyond.

For more tips and ideas, contact your Employee Assistance Program. Support is available 24/7, even on New Year's Day!



Tip: If the winter blues start to feel overwhelming and make it hard to keep up with daily activities, consider reaching out to a professional for support.

Live Webinar



THE PSYCHOLOGY OF EXERCISE

Wednesday, January 14, 2026
2-3 p.m. E.T.

REGISTER

Your mindset can make all the difference in your workout! In this session, we'll explore how approaching exercise with the right mental focus can significantly enhance your results. You'll learn how to incorporate mindfulness, breathing techniques, and meditation into your routine to boost your mental strength, energy, and focus, helping you not only crush your workouts but also conquer your day with greater clarity and motivation.



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