

A New Year Message from Your Employee Assistance Program



January 2024

The holiday season is a time to gather and celebrate with co-workers, friends, and family. It is enjoyable to have those events and moments to appreciate and cherish. The holidays are also a time when we let go of one year and begin a new year. This creates a natural space for us to take a bit of time to self-reflect on our internal selves and experiences. So much of the holiday season, and our lives, are focused on our to-do lists, productivity, and outcomes. In the inevitable winter hustle, we can neglect to check in with ourselves and the bigger picture. Times of transition create a pause where we can slow down and reflect on what we are ready to let go of and move on from. We can also explore what we want to create for ourselves in the coming year. As you open a new calendar to begin a new year, we invite you to consider what personal values you'd like to carry into 2024.

Things to Consider:

Can you find a time to be alone with your thoughts and emotions for a few minutes? Even a time investment of 10 minutes without distractions to tune into your internal self can make space for significant discovery.

Self-reflection is a practice of self care. This isn't a time to judge or be harsh with self about what's already happened.

When difficult emotions or memories arise, offer yourself a compassionate response.

This isn't a resolution exercise to put pressure on yourself or find more tasks. You are enough as you are. Self-reflection is more about re-orienting to our values and self-identity. It is a moment to see your personal North Star and turn towards it.



Areas to Consider for Reflection	
Relationships	Health
Family	Values
Work	Fun



Some Questions to Get You Started:

- Am I practicing my core values in my everyday life?
- Am I living my life on purpose and with intention?
- How did I experience gratitude this past year? How can I incorporate gratitude into the coming year?
- How have I experienced my meaningful relationships this year? What would I like my relationships to be like in the new year?
- What fills my cup? What am I doing to create fun in my life?
- Have I grown in the past year?
- Am I experiencing a spectrum of emotions? Do I allow myself to feel and process my emotions, even the uncomfortable ones?
- How would I describe myself as a person right now? What do I love most about the person that I am?
- What is my personal north star and do I follow it?

As you approach 2024, we here at the Employee Assistance Program, wish you a new year that aligns with your North Star.

Best wishes from Janice, Stacey, Robert, Jennifer, and Jill

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