

# well ROUNDED

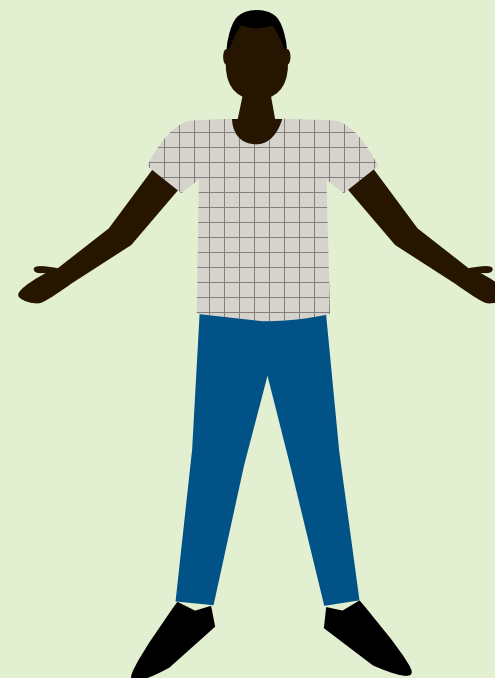
## JANUARY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



EMPLOYEE & FAMILY RESOURCES WELLNESS

As you look to set goals for the New Year, make sure you are focusing on more than one area of your life!



**Emotional:** Explore your EAP Benefits. To learn more, [click here](#). To contact your EAP, call **800-327-4692**

**Physical:** Get 10,000 steps in one day

**Occupational:** Commit to a lunch break

**Financial:** Start collecting your 2020 tax information

**Spiritual:** Donate time or resources to a cause you support

**Social:** Connect with a friend

**Environmental:** Spend time playing outside

**Intellectual:** Listen to a podcast. EFR's Emotion Well has a variety of topics related to emotional well-being. [Click here](#) to listen!

[www.efr.org](http://www.efr.org) | **800-327-4692**