



# City of Albuquerque EAP Newsletter

*“The City of Albuquerque’s most valuable asset is its employees!”*

Winter 2023

## In This Issue

- Health, Habits, and the New Year
- Inspirational Quote
- Helpful Links

## Helpful Links for you and your family:

### ***Stress Management and Emotional***

### ***Wellness Resources:***

#### Better Health Program

Click the link to view the Better Health Program webpage, which contains information and opportunities for employees to improve their wellness!

#### Dealing with New Year’s Blues

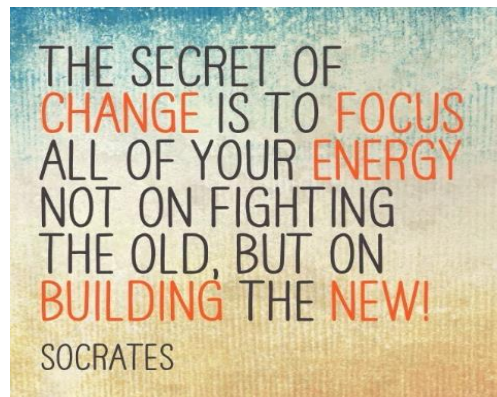
Click here to read an article with 6 tips for helping you to combat New Year’s Blues

#### Alternatives to Making a New Year’s Resolution

This article discusses 8 alternative things that you can do instead of making a New Year’s Resolution

## Health, Habits, and the New Year

By Nadia Joseph, EAP Counselor



Often times January is filled with media focused on health and wellness goals and revamping all of your habits for the “new year, new you” mindset. How often are those goals achieved or continued throughout the year? Unfortunately, some statistics show that only about 16%-28% of resolutions are maintained past January.

So why is that? If we think about the resolutions or goals a lot of us make it can often include a complete overhaul of our daily habits such as eating better, exercising more, drinking more water, incorporating meditation or mindfulness, waking up earlier, etc., and when one or more of those goals are missed it’s easy to let them go altogether.

Resolutions and some of these goals can feel overwhelming which can lead to anxiety or even depression when goals are not reached. This is why small, manageable change is more likely to lead to long term success and improved feelings around the goals themselves.

With that in mind, what might be just one goal can you focus on for the next week or two that can contribute to larger change? If eating better is a goal, perhaps you can start by increasing vegetable consumption or decreasing eating out. After a week or two, when that feels manageable, you may want to add on to that goal with something like focusing on water intake. Keep it simple, and manageable, and add on another goal that you’re likely to succeed in.

When we reach our goals, regardless of how small they may seem, it is more likely to lead to the continuation of those goals. Feeling able to reach goals and feeling successful also leads to general feelings of contentment and satisfaction, feelings that will help you continue to maintain those habits and behaviors.

## **Crisis Management**

### **Resources:**

[AGORA CRISIS CENTER](#)

1-866-HELP-1-NM

[NEW MEXICO CRISIS](#)

[AND ACCESS LINE](#)

1-855-NMCRISIS

[SUICIDE PREVENTION](#)

[LIFELINE](#)

1-800-273-TALK

[NATIONAL DOMESTIC](#)

[VIOLENCE HOTLINE](#)

1-800-799-SAFE

[HOPELINE: CALL OR TEXT](#)

1-877-235-4525

## **We'd Love to Hear From you!**

*Please call or email us for more information on our program or to set up an appointment! Our contact info is below!*

**Phone (8am-5pm):**

(505) 768-4613

**Email:**

[eap@cabq.gov](mailto:eap@cabq.gov)

**After Hours Phone (M-F, 5pm-8am, and on weekends):**

Call the EAP main number at 505-768-4613 and you will be forwarded to our dedicated crisis line

Another strategy for maintaining goals is called habit stacking. Habit stacking is when you add on to something you already do. For example, when I wanted to incorporate meditation more into my morning I began by doing 5-minute meditations while I waited for my coffee to be ready. I was already waiting a few minutes for the coffee to be done so adding the habit of mediation gets tagged onto what I'm already doing, making it easier to continue, and it does not feel like an additional task.

So, as we prepare for this new year, begin to think about some of the personal goals you have for yourself and begin breaking those goals down into smaller more attainable goals, or work on connecting them to something you already are in the habit of doing to help you break the statistics. Then you can become someone who is reaching their goals and not feeling anxious or stressed about them.

The City of Albuquerque offers many wonderful health and wellness programs for its employees. Check out the BetterHealth Program webpage to see what kinds of initiatives and programs are offered this year to help you achieve your 2023 wellness goals (link to this webpage is on the first page of this newsletter on the left-hand side). For more info on the BetterHealth program you may also reach out to Rachele Karman, Health and Wellness coordinator ([rkarman@cabq.gov](mailto:rkarman@cabq.gov)).

The EAP can also help you to reach your wellness goals. We provide fitness assessments, access to the APD gym, ergonomic assessments, counseling for employees and eligible family members, training and more. We are here to help if you need to talk about the past year or the upcoming year, or to talk more about your goals! To schedule an appointment for any of the services that the EAP offers, please call our main number at **(505) 768-4613**, or send us an email at [eap@cabq.gov](mailto:eap@cabq.gov). You can also access our webpage [here](#).

Best of luck in reaching your wellness goals for 2023, and Happy New Year!

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### **Inspirational Quote:**

*"You'll never get bored when you try something new. There's really no limit to what you can do."—Dr. Seuss*

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**Thank you for reading! Please stay safe and healthy out there!**