

# One Source EAP Connections

## Self-Care for the New Year

January 2022

### Happy 2022 from the One Source EAP Team!

While we're in resolution-making mode, it's common to focus on weight management or quitting a bad habit, but we'd like to offer another idea. Make 2022 the year you focus on self-care. This includes addressing the things that make you lose sleep, procrastinate and keep you from enjoying your life. They may seem like minor annoyances, but they add up over time.

One Source EAP is here for you 365 days a year, providing easy access to confidential counseling services. Conversations with trusted people begin to change the way that you feel so the little things don't become overwhelming.

The EAP benefit is available to **all employees and their family members**. Our network of counselors can help with any topic disrupting your peace of mind. Call **(800) 300-0628** to get started.

Your EAP benefit includes **free counseling sessions** for you and your family members, including children up to age 26.

Visit our [website](#) for additional information and resources.



### The Benefits of Seeking Help

Proactively reaching out for help shows courage and has numerous benefits:

- **You will no longer struggle alone**
- **You can build better relationships**
- **It reduces your risk for other medical issues**
- **It teaches you to develop coping strategies**
- **Your performance at work can improve**
- **It improves your quality of life**

[Click here](#) for details as well as the signs you should ask for help.

### We're Here for You In More Ways Than One

In addition to confidential counseling, One Source EAP also offers Professional Coaching Services, Stress Management and Resiliency Training, Professional Development Services and a wide variety of seminars, for teams of three or more, [Click here](#) for the seminar catalog. [Schedule a seminar](#) for your next team or staff meeting through your HR partner.

The [Calm Collection](#) original video series can help you anytime, anywhere on any device to reduce stress in just minutes.

**One Source**  
Employee Assistance  
Program

**RWJBarnabas**  
HEALTH

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