

# One Source EAP Connections

## Create Your 2025 Wellness Plan

January 2025

Happy New Year from the EAP Team!

It is common for many of us to make “New Year’s Resolutions,” beginning January 1st.

Unfortunately, many of us stick to those resolutions for only a few weeks or, best case, a few months. By creating wellness goals, as a result of a total Wellness Plan, you set a clear vision for your wellbeing journey.

Wellness has seven dimensions: Physical, Mental/Intellectual/Emotional, Occupational, Social, Spiritual, Financial, and Environmental. If your resolution focuses on one dimension, that may conflict with the stability of another. For example, a very common weight loss goal could conflict with social goals of seeing friends and family more often. As a result, proper wellness planning seeks balance by looking at the big picture and ensuring that the goals you set are in alignment with each other, which will help you accomplish all your wellness goals.

Remember that wellness is a journey, not a race. Lasting wellness involves creating healthy habits to live your best life.

One Source EAP is always here to help. If you’d like help with total wellness planning, especially ensuring your mental wellbeing, One Source EAP can help with 24/7/365 access at **(800) 300-0628**.



### How to Create Your Wellness Plan

Wellness planning is a process and a journey. Here is how to start:

1. Take inventory of all 7 dimensions.
2. Identify roadblocks.
3. Identify what is out of your control.
4. Brainstorm what is possible.
5. Identify what IS working. Include continuing those things in your plan.
6. Create one goal for each dimension.
7. Be sure your goals are in balance and compliment each other.

[Click here](#) for even more details on each step.

### Register for the January Seminar, “Creating A Wellness Plan for 2025”

Join the January One Source EAP 30-minute seminar, “Creating A Wellness Plan for 2025,” on Thursday, January 16<sup>th</sup> at 12:00 PM over Zoom. [Click here](#) or scan the QR code to see the full list of 2025 monthly seminars and to register for this and/or any of the seminars. You can also watch a replay of the December seminar, “The Joy of Giving,” [here](#).

Review the [Seminar Catalog](#) which includes several new workshops. To schedule a seminar for your team, [click here](#).

