

# One Source EAP Connections

## Get Organized For 2024

January 2024

Happy 2024! Many of us made a resolution or two before the clock struck midnight. Now is the time to take action to fulfill them. A very popular resolution is to get organized. One Source EAP is here to help!

National Clean Off Your Desk Day celebrates starting 2024 with a clean and organized work area. It's amazing what a cluttered environment does to your mind and body. Our brains need order! Research shows that mess causes the body to release cortisol throughout the day, potentially causing weight gain. The longer you wait to get organized, the harder it may become.

By uncluttering your workspace, you'll **reduce your stress levels** caused by a cluttered work environment. In addition, you'll experience:

- ♦ **Improved Concentration**
- ♦ **Increased Productivity**
- ♦ **Enhanced Mood**
- ♦ **Improved Positivity**

For more information on the mental health benefits of a clean and organized workspace, [click here](#) to see the article from Painted Brain.

If stress is causing difficulties getting organized, contact One Source EAP at **(800) 300-0628**. All calls are answered 24/7/365 and are strictly confidential.



### Updated 2024 Monthly Seminar Series:

Throughout 2023, "The Monthly Seminar Series," celebrated one day from the National Day Calendar with a 30-minute workshop. For 2024, we are continuing the seminars on the third Tuesday of the month but are presenting them as Lunch & Learn sessions at 12:00 PM. Topics include...

**January: The Importance of Getting Organized**

**February: The Value of Selflessness**

**March: Unplug for Health and Wellness**

**April: It's Time to Take a Nap**

**May: Nurturing Your Mental Health**

**June: The Art of Slowing Down**

[Click here](#) for the full schedule.

### Register For the January "The Importance of Getting Organized" Seminar

Join Dr. Fred Foley for the January One Source EAP 30-minute seminar, "The Importance of Getting Organized" on **Tuesday, January 16th at 12:00 PM**. [Click here](#) or scan the QR code to see the full list of Monthly Seminars and register for one or all of the sessions.



Request other seminar topics for your workgroup. Visit the [seminar page](#) on our website to review the list of our seminar offerings. To schedule a seminar for your team, [click here](#).

