



BalanceWorks® Newsletter

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Cheers to a Happy & Healthy New Year

The New Year is a time when many people like to hit the re-set button. The most common way to signify this fresh start is, of course, with a new year's resolution. Interestingly, even though so many people make resolutions, research from the University of Scranton indicates that only 8% of Americans were successful in actually achieving their resolutions last year!

Now let's take a look at the top 10 resolutions from 2014, according to research from the University of Scranton:

1. Lose Weight
2. Get Organized
3. Spend Less, Save More \$\$\$
4. Enjoy Life to the Fullest
5. Stay Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in their Dreams
9. Fall in Love
10. Spend More Time with Family

There is one thing that all of these resolutions have in common - they all

have the end goal of either making the person happier or healthier.

This year instead of making a resolution that impacts one aspect of your life, challenge yourself to resolve to be happier and healthier in 2015. Resolutions that are too broad often feel overwhelming and are often doomed to fail. Therefore, be very mindful this year. Write down 3 to 5 changes or enhancements to your life that would make you happier and healthier and then write out concrete steps to make these changes a reality.

Let's take a look at how this might work using 3 resolutions from the list above.

To be happier in 2015, I would like to:

1. Lose Weight

In order to accomplish this I will:

- Join a gym
- Bring my lunch to work each day
- Take a walk after dinner each night
- Keep a food journal

For more information or support on having a happy New Year, contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

eni's BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





2. Learn Something Exciting

In order to accomplish this I will:

- Take a trip to a place with a completely different culture
- Take a cooking class
- Practice Meditating
- Start learning a second language

3. Spend More Time with Family

In order to accomplish this I will:

- Leave work on time each evening
- Make a date night each week with my wife
- Visit my parents more frequently
- Read my children a story each night before bed

Another way to be happier and healthier in the New Year is to resolve to do 1 small thing each day that makes you happy and at least 1 significant thing each week that helps you reach this goal. Let's take a look at how easily this can be accomplished with an example of 1 week:

Monday – Spend 10 minutes meditating before bed.

Tuesday – Take a walk on your lunch break.

Wednesday – Meet your sister for dinner.

Thursday – Start researching that epic vacation you're going to take this year.



Friday – Grab a tasty latte on your way to work.

Saturday & Sunday – Take a quick weekend getaway with your family.

When it comes to sticking with a resolution and making a fresh start, it's important to think about what will truly make you happier and/or healthier and then make a concrete plan to make it happen.

Here's to hoping that 2015 is your happiest and healthiest year yet!

Remember that eni's Personal Assistants are available to help provide you with resources to help you stick to your new year's resolution.

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