

Topics of CONCERN

BEHAVIORAL AND MANAGEMENT SOLUTIONS



Employee Assistance Program Newsletter

January 2018

STARTING SOMETHING NEW



The start of something new can be exciting;

- A new commitment to your self-care
- New goals for your career
- Fresh hopes for your family and friends

What are you excited about for 2018?

Try writing down three things that excite you for you in 2018.

1. _____
2. _____
3. _____

START S.M.A.R.T.

Now that you have some new ideas, be SMART about it. Being SMART about your goals will help you achieve more success and increase your follow through. Here is how you set SMART GOALS:

- S.** Be as specific as you can about what you want
- M.** Make sure you can measure it along the way
- A.** Check to make sure that your goals are attainable
- R.** Ask yourself the tough question about how realistic the goal is
- T.** Set a time frame for attaining your goal

If you want to start something new and set some SMART goals for 2018, contact CONCERN to be your coach along the way.



CONCERN Behavioral and Management Solutions is a free benefit offered to you through your employer. We are here to partner with you in addressing:

- Therapy for individual, couples, and families
- Coaching for self-care, resiliency and mindfulness
- Workplace trainings, interventions and support for critical incidents

CONCERN's licensed clinicians provide confidential support for a broad range of problems such as:

- Stress and anger management
- Anxiety and depression
- Alcohol/drug misuse
- Grief and loss
- Adjusting to changes in life

Please visit Atlantichealth.org/Concern for information about our services.

Call us at 973-451-0025