



Guidance for a fresh start

Your Employee Assistance Program (EAP) can help you set goals for the new year

2020 has been a challenging year. If you are looking forward to a fresh start in the new year, your Employee Assistance Program (EAP) is here to help you set goals and work toward achieving them.

One way your EAP does this is by bringing you helpful news and articles. Log on to the EAP website this month for guidance for starting the new year, with features including:

- New Year's resolutions for mental health
- How to set meaningful goals
- Achieve your goals by changing habits
- The science of goal setting
- Podcast: Are you ready for change?



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help from a team of EAP experts at no extra cost.*

¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.

*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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