


January 2012 *LifeSolutions* Corner

My New Year's resolutions never seem to make it past mid-January, in spite of my best intentions and planning! Can *LifeSolutions* help?

LifeSolutions is just a phone call away! Our staff is ready and available to help you figure out what's getting in the way.

Change is tough; it occurs in stages and requires some thought and preparation. Whether you're attempting to change an unhealthy behavior (like overeating, smoking, or being a couch potato) or trying to acquire a new one (like becoming a better listener or developing organizational skills), change is often uncomfortable. We tend to stick with what's familiar because our habits give us a sense of certainty about life — something we can count on.

So do take advantage of *LifeSolutions*' support to develop a new approach to meeting your goals. We can also connect you to resources that will help you develop and maintain positive change.

Call *LifeSolutions* at 1.800.647.3327. Our service is free and confidential ... and it is available to your household members. Our website, www.lifesolutionsforyou.com, has information on topics related to change. Click on the *WorkLife* Portal log-in and enter your company code. If you do not know your company code, please call *LifeSolutions* at 1.800.647.3327.

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