



Health Matters Assistance Programme



New Year Resolutions - are you sticking to yours?

Apparently the tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies, and also exchanged gifts before the beginning of each year.

That said, for most of us starting a new year is just a convenient time to refocus and to make a few personal promises. (New Year's Resolutions) Whether it is to exercise more, eat better, travel, to give up smoking or simply to watch less TV, planning ahead, positive thinking and getting organised is definitely a good thing.

One place to find advice and support including Nutrition & Diet Advice, is on your EAP website. There are pages of helpful information and downloadable PDFs, including step-by-step self-help programmes.

You may also find information on the HMAP Secure Website:

www.hmap-online.co.uk

If you wish to discuss in confidence any concerns relating to this article or indeed any other concern, you can do so by calling:

Freephone: 0800 083 7545

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

Happy New Year !

Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents