



# 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 i.e. Nutrition Advice, is on your HMAP-Employee Support Website. There are pages of helpful information and downloadable PDFs, including step-by-step programmes (self-help).

Please visit: <http://www.hmap-online.co.uk>

If you have forgotten your access username & password, please contact your Human Resources (HR) Department or appropriate office for details.

## Happy New Year and all the best for 2010 !

support when you need it  
freephone: 0800 083 7545

*Just some of the issues covered...*

Stress & Anxiety

Bullying & Harassment

Performance at Work

Work-life Balance

Managing Pressure

Debt Counselling

Financial Matters

Legal Matters

Family Life & Relationships

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents