



BHS A.S.S.I.S.T. Spotlight

January 2024

Your EAP is a free and confidential service, which provides assessment and short-term counseling for a variety of mental health, substance abuse and work/life related issues. To learn more about your available benefits, contact your BHS Care Coordinator at 800.245.1150.



New Year's Resolutions for
Mental Health Goals

[Click to Read Article](#) ►



Staying Focused and
Undistracted at Work

[Click to Read Article](#) ►



Advantages of At-Home
Workouts

[Click to Read Article](#) ►



Recipe: Green Chili

[Click to Read Article](#) ►



New Year's Resolutions for Mental Health Goals

As a New Year's resolution, many people choose to focus on stress reduction, anxiety management or just living happier. So how do you set yourself up for success in 2024? Change your perspective when approaching New Year's resolutions. Instead of making a vague list of what you want to change, ask yourself three simple questions: What, why and how?

Ask Yourself *What*?

Start by specifically defining what it is you plan to accomplish this year. Be concise and keep it simple. For example, if you start with a goal like, "I plan to be happier this year," you may want to redefine that as, "I plan to spend more time doing things I enjoy." If your resolution is to reduce your stress this year, you might guide yourself toward saying, "I will set boundaries about working on the weekends."

Ask Yourself *Why*?

Often, changes to your life have an internal representation that you aren't even aware you're striving for. That's why some people vow to lose 15 pounds but once they do, they still feel defeated and depressed. If you really investigate *why* you want to accomplish your goal, you will find a bit more about what you really wish to accomplish. This is one of the most important things to identify. It helps keep you going when times get challenging and it becomes tempting to quit before reaching your goal.

Ask Yourself *How*?

It's important to realize that if you knew all there was to know about this particular life change, you'd have already accomplished it. Have a well-thought-out plan before embarking on your adventure this year:

- Do your research. Have a good understanding about what you're taking on.
- Tell everyone you know. People who are accountable are more likely to succeed in achieving resolution goals. Also, letting people know about your goals is a great way to have friends and family encourage you along the way.
- Set up a reward system. Periodically use rewards for reaching small goals. Accomplishing the goals you set produces dopamine, the pleasure chemical in your brain. Dopamine activates the parts of the brain that make you eager to pursue new challenges. By setting and achieving goals today, you're heightening your ability to be the person you want to be.

For additional guidance and support, contact Behavioral Health Systems (BHS) by visiting the website at www.behavioralhealthsystems.com or by calling your Care Coordinator at 800-245-1150. Your EAP benefit provides free and confidential counseling services.



Staying Focused and Undistracted at Work

Distractions in the workplace are inevitable and can be caused in many ways. Think about how many times you are interrupted and how much time you spend on those interruptions. You may want to track interruptions to determine how to better manage them. You may also need to allocate more time in your daily time management plan for interruptions.

Possible solutions for handling a distraction:

- When phone calls come at the wrong time, let callers know you have only one or two minutes to talk. Answer their questions within the imposed timeframe, or politely cut the call short by asking if you can call back when you have more time.
- Have a written agenda for all meetings.
- For people who regularly stop by your workspace, stand up when they come in and walk them out. Pick a logical destination such as the restroom, the water cooler or the door. Do not provide time for them to sit down or lean on something, so as to take a position in your work area.
- Email is a vital part of many businesses. However, the use of email can be distracting. Sometimes it works well to schedule two or three times each day to check and reply to email in order to focus on other tasks the remainder of the day.

Distracting work environments

Examples include work environments that are cluttered, noisy and either too hot or too cold. Here are some possible solutions:

- Keep your work area and files neat and organized
- Work with those around you to establish noise guidelines
- Keep a sweater or a fan in your work area

Strive to remove self-initiated distractions

Examples of self-initiated distractions may include:

- Daydreaming
- Stopping for snacks
- Making personal phone calls
- Surfing the internet
- Sending personal emails
- Playing computer games

Consider completing lower-priority tasks on your time management plan if you need a change of pace.

If you would like more information, start by calling your designated BHS Care Coordinator at 800-245-1150. Your EAP provides free and confidential and counseling services.



Advantages of At-Home Workouts

Exercising at home often gets a bad rap. But when you consider that half the battle of working out is just getting to the gym, sweating it out at home starts to sound pretty appealing. Plus, there are plenty of advantages to cranking out a workout in your living room or garage.

• You'll Still Get a Challenging Workout

The nay-sayers will tell you there's no way you can get a really good workout in your living room. But guess what? Home workouts can be just as challenging, if not more, than working out at the gym.

• You'll Have Less Room for Excuses

Or at the very least, you'll feel pressure to reduce the excuses. The fewer barriers there are, the more likely you are to stick with your fitness goals.

• You Can Save a Ton of Money

Some gym memberships are cheap, but many aren't. You can expect to save anywhere from \$20 to \$80 per month on gym memberships by working out at home. That's as much as \$960 throughout the year!

• There's Never Any Wait

You can complete every exercise you want, right when you want. There's no waiting on equipment or space. You can fly through your routine and get on with your day. There can be distractions at the gym, but working out at-home allows you to focus on yourself.

• You Can Maximize Your Family Time

This doesn't work for everyone but for some, workouts at home can double as family time. Working out with, or even around, your kids gives them the benefit of being in your space. It also gives you the benefit of knowing that you're modeling healthy habits for them to follow.

• You'll Feel More Comfortable

While the fitness pros make certain moves look easy, mustering up the confidence to bust out a burpee or crawl like an inchworm is not something everyone wants to do in front of strangers. When you work out at home, you can try moves you would never dream of doing in front of other people.

RECIPE: Green Chili • Prep time 10 minutes • Cook time 4 hours • 6 servings

Ingredients • 1 pork tenderloin (cut into 1 in. pieces) or 1 lb. of chicken (cut into 1 in. pieces) • 2 cans of hominy • 1 can chopped green chiles • 1 tsp. salt • 1/4 tsp. pepper • 4 cups chicken broth • 3 tomatillos husked and chopped

Instructions • Place first 5 ingredients along with 3 3/4 cups of broth into a 3 or 4 quart slow cooker • Puree tomatillos with remaining both and add to slow cooker • Cook on low for 4 to 5 hours • Serve warm and top with: avocado, lime, jalapenos, radishes, cilantro or sour cream • Try adding white beans!

