



Miami-Dade County Employee Assistance Program



Begin this new year with Emotional Wellness

New Year's resolutions tend to focus on physical health – exercising more, eating better, losing weight. While there's nothing wrong with this type of resolution, deciding to focus on emotional and mental health could be a more beneficial approach, especially after a stressful year. Mental health encompasses many facets of health, including emotional, psychological and social wellness. Go for a different take on the idea of “new year, new you,” and focus on a mental reset and your emotional well-being this year. Here are some thoughts and tips on how to integrate emotional wellness, resilience, and stress management into your goals for the new year. Here are some tips and reminders to start out your 2022 right:

Wellness Tip:

Stay connected to your support system. We all need each other so don't be afraid to reach out. Staying connected to those you love helps you realize you are not alone.



**Miami-Dade County
Human Resources
Department
Employee Assistance Program**

**601 NW 1st Court
Miami, FL 33136**

Office: 305-375-3293

Emotional Wellness Stream:

<https://web.microsoftstream.com/channel/28dc7326-8d6f-4855-b3a2-70d7f6e8ca01>

Everything is temporary. Emotions, experiences, circumstances, all of it. If you are struggling in this moment, remember that it won't last forever, even if it feels never-ending. You are not alone... reach out for support when you need it to those you are close to or a professional.

You are stronger than you may think. Surviving these last two years is a reminder that no matter how difficult life is, you've got this. Every day may not always be easy but you can rise above every challenge that is set before you. Remember you are not alone, if you need help tap into the support of those around you. We will continue to make it through together.

Aim for progress, not perfection – and when it's really bad, congratulate yourself for making it through the day. We all have that little voice in our mind that tells us we did not do enough, say the right thing or could have done things better. Have compassion for yourself and be mindful to challenge that thinking this year. Remember we are all doing our best.

Try not to judge yourself. Whether you woke up on January 1, 2022 with or without a crystal-clear vision of what you'd like to achieve, a positive attitude of gratitude, and inner peace about the future... you are on the right track. You don't need an overarching goal or resolution to make changes. It can be just little goals throughout the week/month that add up to a big change. Don't judge yourself if you fall off track after a few days just renew your commitment and move forward. It takes time to achieve change big or small.

If you or a loved one are struggling with emotions that are intrusive your/their daily life, please reach out to our team at Miami-Dade Employee Assistance Program (EAP). Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness. Due to current CDC recommendations, the EAP is also providing virtual and on-site assessments for all employees that are in need of assistance. To set up an assessment with an EAP counselor at no cost please **call 305-375-3293** or **email Jessica.Hughes-Fillette@miamidade.gov**. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.