

Your EAP can help you keep your 2024 resolutions!

Hurray for everyone who plans for self-improvement in the coming year - growth is good!

Generally, more than half the U.S. population makes one or more New Year's Resolutions. According to a recent survey by Forbes Health/OnePoll, see the most common resolutions people identified for 2024 to the right.

By 3 months, 53% of all resolvers have thrown in the towel. Only 7% stick with resolutions for one year or more.

Experts say it can take months to establish a new habit or routine so try to give your resolutions time to stick.

You have an edge up with your EAP! We have many resources to help you keep your resolutions: self-improvement online classes, counseling and coaching programs, self-help tools, and more.

Login to www.EducatorsEAP.com to explore options or call your EAP at 800-252-4555 24-7 for help, support, and tools!

You can do it, and we are here to help!

Common Resolutions People Identified for 2024:

- 48% Improve fitness
- 38% Improve finances
- 36% Improve mental health
- 34% Lose weight
- 32% Improve diet
- 25% Make more time for loved ones
- 25% Stop smoking
- 12% Learn a new skill
- 9% Make more time for hobbies
- 7% Improve work-life balance
- 7% Travel more
- 6% Meditate regularly
- 5% Drink less alcohol
- 3% Perform better at work

