Get Your 2015 Budget on Track

If getting off on the right foot financially in 2015 sounds good, and you’re determined to start a budget that you will stick with, follow this advice: Forget a crash diet budget. A crash diet budget is one where you decide to give up every bit of fun and extraneous expense. Doing so eventually leads to budget failure, because you’re only human. In a weak moment, you’ll break it, and from there things will fall apart. A better plan is to include in your budget some money for enjoyment, even if it’s only a $2 park admission. The ability to look forward to something fun is part of balanced living, and attempting to do away with it will undermine your larger goal.

Supporting a Friend in Grief

A heartfelt “I am sorry for your loss” and offering support remains about the most meaningful gesture to those grieving over the loss of a loved one. Grief is a unique, personal experience. It is not something to fix, but a journey to accept. This is why attempting to go further to “make things better” usually will miss the empathy mark. Statements that are less empathic tend to help others feel better, not the bereaved person. They include the following: “I know how you feel,” “Don’t cry,” “God never gives us more than we can handle,” “At least she (he) is in a better place,” “You’re attractive, you can always remarry,” “Everything happens for a reason,” “At least he (she) lived a long life,” “God has a plan,” “Try to find closure,” and “Don’t worry—it gets easier after a year.”

Boosting Self-Confidence to Achieve Goals

No matter what your goals are in 2015, staying pumped and staying energized usually begins at an inspiring moment, but action steps maintain this momentum. Remember this: “Success is attracted to action.” To boost self-confidence, take action with steps, “sub-steps,” and if needed, “sub-sub-steps” so you don’t feel overwhelmed. Expect normal lulls in motivation and you will plateau through them faster instead of giving up. Hang out with like-minded persons pursuing goals like yours. Celebrate each milestone and give yourself deserved rewards that really count.
You won't be able to solve all your customers' problems and deal with their inquiries immediately, but you can reduce their stress (and have a better day yourself) if you do the following: 1) let them know they are heard, 2) let them know that you are concerned as much as they are about an issue, and 3) let them know that you are working on the solution. Nothing feels worse than being ignored. An example is the inattentive host/hostess ignoring your wait at a restaurant. Recall the busy hostess who acknowledged your presence, apologized for the wait, said a table was coming soon, and gave you updates. See the difference?

Managing Your Brand

You surely know Nike shoes' motto is “Just Do It,” and McDonald’s is “You Deserve a Break Today.” You also have a brand motto. That’s right—your reputation. What do you think it might be right now? Think about this: You either control this message or you let it emerge by default. A blind survey might tell you what it is right now, but instead, decide what you want it to be. Your tools are your words and actions as you interact with others on the job. Every time you interact, what you do, say, and produce is an unwitting pitch of this brand. Gain control over this message. What would it take for your work style to communicate the brand you want to start sticking in people’s minds?

Plan Your Time Off

Here's a switch: For your New Year's resolution this year, commit to planning your time off more effectively and start checking off all those items on your “bucket list.” Avoid the result of not thinking through your time off—often it becomes watching TV, “hanging out,” or having time nibbled away only to have Monday morning sneak up on you. You plan your work, so why not your leisure? If your answer is “no way, that's the one part of my life I don't want planned!” think again. Memorable leisure activities become anchors you rely on to feel your life is balanced. We know recreation is beneficial for both your physical and psychological well-being, and this makes you more productive at work. So, start planning more exhilarating weekends and time off, and watch it carry over to make your Monday mornings more cheerful.

IMPACT Solutions—We Are Here For You!

Remember—your IMPACT Solutions Employee Assistance & Work/Life Program is available to you, your household members, dependents, parents and parents-in-law 24 hours a day, every day of the year in over 140 languages! Qualified mental health professionals are always ready to help you with everyday life issues like stress, problems with teens, conflicts with co-workers, marital strife and so much more. Whenever you need assistance, all you need to do is call 800-227-6007 and we'll be here to help.

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

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Did You Know...

**IMPACT offers a NEW “Skill Builder Center”**

Skill Builders are e-learning courses that can be completed in 15-20 minutes. Each offers a visual presentation, brief online quizzes, and a printable certificate of completion. Skill Builders are delivered in a webinar format with clear learning objectives that raise awareness, provide practical information and offer intervention strategies on workplace matters that directly impact employee moral, communication & interaction, productivity and team spirit. These brief instructional programs are engaging, informative and beneficial to all employees, managers as well as non-management staff.

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- Cultural Diversity in the Workplace
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Forgot your username? Having trouble logging in?
No problem, give us a call at IMPACT Solutions, 800-227-6007.
Get Your Head In The Game
FOCUS ON THE NOW

Regrets about the past or worries about the future make it hard to focus on what is important right now. Make a New Year’s resolution to practice mindfulness. Mindfulness is a way of giving attention to your thoughts and feelings as you experience them. Studies have shown that the practice of mindfulness can help reduce stress, let go of bad habits, and improve health. Your Employee Assistance Program is ready to help you practice the techniques of mindfulness.

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR
The Mind-Body Connection
Jan 20th —12 pm, 2 pm ET
Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection.

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