

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM  
EAP NOTES



## Is it Time for a Change?



It's been a long winter. Have you found yourself following the same routine or have you developed bad habits while you were hibernating? With spring just around the corner it's time to get out of that winter rut and break those habits once and for all. Note that bad habits are different from addictions. Addictions are serious actions that are often physically or mentally disabling. Bad habits are annoying things you want to change, but are usually not life threatening. For example, maybe you're a reality TV junkie (or enter your bad habit here \_\_\_\_\_). It doesn't matter how ridiculous or mindless the plot is, you're just waiting for that final twist. And although you don't want to waste countless hours watching to see who gets the final rose, is the ultimate survivor or receives the one million-dollar recording contract, you just can't seem to change the channel or walk away.

If this sounds familiar, consider the following steps to help you make a change.

1. Determine your **goal**. In order for a change to occur you must set your aim and make a commitment. Make sure your goal is specific, realistic and measurable.
2. Focus on something **positive**. For example, if you don't watch the TV program tonight you will gain an hour to exercise, read or spend with your family.
3. Remember to **reward** yourself. The goal is not to feel punished or deprived. The whole idea is to make the process of change as enjoyable as possible.
4. Track your **progress**. Keep a tally of the times you arrive late to appointments, smoke a cigarette, watch an hour of TV, drink a cup of coffee, bite your fingernails, swear, or what ever other response you are trying to change. Week by week decrease this number until you're satisfied.
5. Create a **supportive** environment. In order to cut back on snacks, don't buy any from the grocery store. Or if your goal is to stop smoking, avoid break time in the smoking area. Share your goals with family and friends and surround yourself with your "cheerleaders".

*Don't wait for the next commercial break to make a change. Start today by contacting your Best Care EAP. A professional counselor can provide support and guidance. For a confidential appointment, please call (402) 354-8000 or 800-666-8606.*

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