



# Meet Your Employee Assistance Program (EAP)

The New Year can be filled with both excitement about the things we have planned and the stress regarding the challenges we may face. Many of us create resolutions to help set ourselves up for a successful year. *Discover the benefits and services your EAP offers* that can help you reach the goals you've set and navigate the obstacles you might encounter. Access all your services at: [eap.lucethealth.com/EAPServices/AllOurServices](http://eap.lucethealth.com/EAPServices/AllOurServices)

## Get To Know Your Benefits

Lucet's EAP is your first step to resources, counseling and so much more to support your wellbeing. Download by clicking the link, or check our website to learn how we can help you.

[Intro to EAP Handout](#)

## Ditch the Doom Scrolling!

We've all been there, 10 minutes on our phone turns into hours and next thing you know, you're behind on what actually needs to be done. Watch our newest "Mind Matters" video for some tips so you *don't lose focus* of your New Year's goals.

[Click Here to Watch](#) or go to [Youtu.be/geD8\\_NkPcpU](https://youtu.be/geD8_NkPcpU)

## Combating New Year Anxiety

Experiencing anxiety during the New Year is common. Take some time to practice mindfulness to help keep you grounded and feeling confident in both your professional and personal life with our 5-Minute Mindfulness Meditation Tip Sheet.

[Click Here](#) or visit the website to locate our resources.

January 2025

Work Well.  
Live Well.

Get started with your EAP by joining this month's free webinars:

Understanding and Controlling Fear  
Wednesday Jan. 15, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

Resilience in the Workplace  
Wednesday Jan. 22, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544  
Visit [eap.lucethealth.com](http://eap.lucethealth.com)