



January Manager Feature

Total Body Renewal in the New Year

Don't neglect your mental well-being while making your resolutions this year. Keeping your mind sharp will help you effectively lead through even the most uncertain times, and encouraging your team to also take care of their mental and physical health will help them be happy and productive at work.

If you need some guidance about where to start, check out our article [Taking Care of Yourself and the People You Manage](#). In it you'll find tips about making a positive working environment for everyone you manage. You may also want to listen to the audio tip [Recognizing Signs of Stress and Overload](#) to make sure you can spot stress for yourself and your team.

If you're looking to establish a consistent exercise routine, our article [SMART Goals and Exercise](#) can help put you on the right track and [Maintaining Healthy Habits When Life Changes](#) has advice on making your good intentions a regular part of your life.

To start 2019 with the right mindset, try reading the [Practicing Positivity](#) series.

If you could use guidance and support in the new year, remember that you can contact **LifeWorks** to speak with a caring advisor any time, day or night. We're here for you, 24/7.

Online: login.lifeworks.com

Username: **bcerries** Password: **healthy**

Call LifeWorks, toll-free, 24/7: **1-888-307-0590**

TTY: **1-877-371-9978**

Search the platform any time for helpful resources related to this topic.

Download the "LifeWorks" App!



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