



January Feature Start the Year Off Right

Prioritize your mental well-being while making your resolutions this year. Even small changes and good habits you put into place now can help you make lifelong changes.

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.

If you're experiencing stress at work or at home, you might find these [Relaxation Tips to Help You Beat Stress](#) or turn to the [Mindfulness Toolkit](#) for more tips as well as podcasts and guided exercises. 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 **inConfidence** to speak with a caring advisor any time, day or night. We're here for you, 24/7.

Online: www.myinconfidence.ca

Username: NLMA **Password:** inconfidence

Call inConfidence toll-free, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

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

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