

LIIVEWELL

Updates



New Year. Fresh Start.

2022 is your chance at a fresh start. Whatever your goals, plans or resolutions for the new year, you're going to need some tools and support along the way.

Check out **LIIBenefits.com** to learn more about the many health and wellness benefits available to you help you and your family choose well and live well.

[Click Here for Tips to Keep Your Mind Well](#)

[Read More](#)

MARK YOUR CALENDAR &
SIGN UP NOW

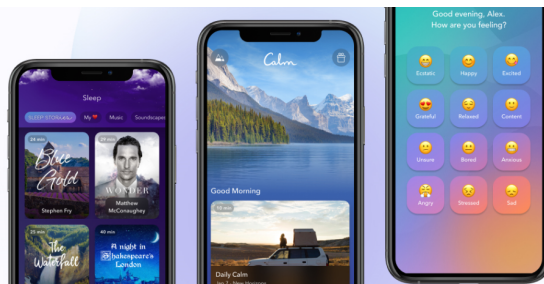
**Download this newsletter
for active links!**

[Click here to browse and register for upcoming webinars and virtual events.](#)



We're bringing Calm to the workplace.

[Learn more →](#)



"Calm has been very helpful to me. I learned new breathing techniques, **meditation** strategies, and other positive ways to reduce **stress** and to **help** me **sleep** better."

"helps me and my family have a avenue to put mental **health** first"

"I **love** this app and try to use it **daily!**"

"Having access to **Calm Premium** has been really beneficial to me. In times like these **stress** is a big factor for a lot of people, including me. When I feel stressed or a bit overwhelmed I log on to the **Calm** app a..."

"The **Calm** app is such a wonderful benefit, especially after the year we all just went through. I use the app **everyday** - it has **helped** me learn and use the practice of **meditation**, which has aided in preventing an..."

Building a Thriving Life



When you're looking forward across the landscape of possibilities this year, resolve to meet challenges in a positive way. If you notice negative, worried or self-defeating thoughts running through your mind, replace them with thoughts that, instead, recognize your previous successes. Be more compassionate toward yourself. Consider the people and things in life for which you're grateful. Take small risks in new situations instead of predicting negative outcomes. You'll grow in the process!

Tune In! Check out upcoming live webinar opportunities from Magellan EAP.

Money Matters

January 2022 financial webinars

New Year... New You! Financial Resolutions You Can Keep

January 11th. Register here: [9 am PT](#) | [12 pm PT](#)

Learn tips for setting realistic goals and making it to the finish line.

It's My Budget & I'm Sticking to It!

January 27th. Register here: [9 am PT](#) | [12 pm PT](#)

Discover how to create a spending plan and make adjustments to it so that the most important goals in your life get funded.

Live Webinar—Join us online Wednesday, January 12 for *Your Program: Benefits to Help You Lead a Thriving Life*. Register [here](#).

[Click Here for More Details](#)

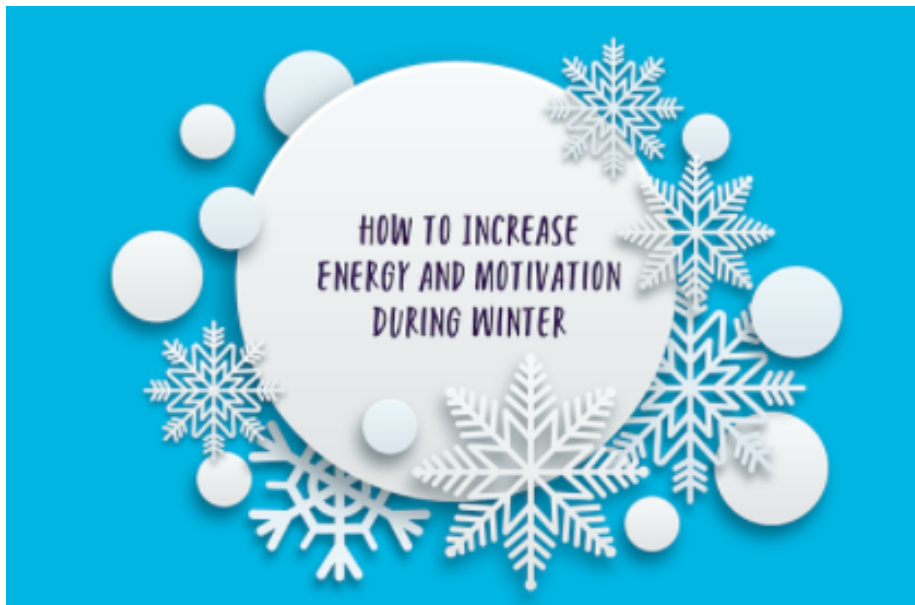


21 Healthy Eating Tips That Work for the Holidays and Beyond

As we head into the new year — when crash diets and gym memberships become all the rage — the key to staying healthy is really just eating well and moving a bit. No special diets needed. But sometimes, a little reminder on how to eat well doesn't hurt.

[Click Here for healthy eating tips you need to keep your diet on track into the new year.](#)

Choose Well / Live Well



It's scientifically proven that winter time makes the body a lot less energetic. Naturally, as the days shorten and grow colder, the colder weather disrupts the body's sleep schedule making it difficult to maintain motivation and energy throughout the day.

For some people, it's getting back into a routine; other people may need more alone time that's less structured to feel energized.

[Click Here to read expert advice to increase energy and motivation.](#)

Struggling to naturally energize and motivate yourself during the winter months?