

Connect Care

Healthy Habits for the New Year in the Workplace

BY DR. ROGER HABER

Happy New Year! Amazing, isn't it? How fast time flies!

As we begin this new year, let's focus on some healthy habits that might help us be more effective in the new year. I recently read a blog entitled, *5 Habits of effective leaders in the workplace* ([Insperity.com/blog/habits-of-effective-leaders/](https://insperity.com/blog/habits-of-effective-leaders/)).

First, the author reminds us that habits are different than traits. Traits are often the natural qualities we bring to the table. Habits require commitment, effort, discipline, and focus over a period of time to develop.

Here are a few suggestions you might want to consider as we are barely into the new year:

- 1) **Plan the night before.** Being organized might be something you're great at. If not, it might be a habit you might want to focus on this year. What do you need to do tomorrow? What are the priorities? How much time should you allot to a project? What resources might I need? Take a few moments to reflect on these questions for the next day and the next week.
- 2) **Get to work early.** This will give you time to fill the coffee mug, double-check your schedule, and enjoy the quiet before the burst of activity.



**“HABIT IS A
CABLE; WE
WEAVE A
THREAD OF IT
EACH DAY, AND
AT LAST WE
CANNOT BREAK
IT.”**

HORACE MANN



- 3) **Move when possible.** Health in the workplace has been an emphasis for many years now. If you're in an office, do you have the option of using a standing desk? You can park farther away and take the stairs if you are able. Maybe some meetings can take place as you're walking.
- 4) **Tackle the hard projects first.** Most of us are most energetic at the beginning of the day (or shift). That's a good time to start on the most challenging tasks. Procrastination of those tasks can add to the stress. Get "the big ugly things out of the way before handling more pleasant tasks."

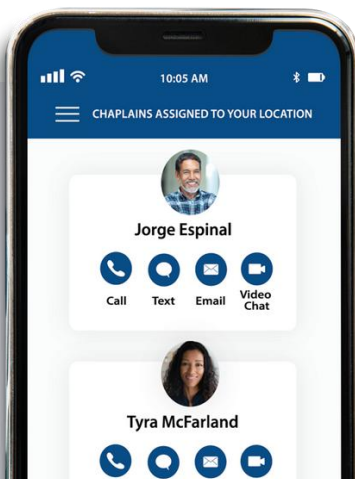
- 5) **Learn daily.** One of my goals is to be a life-long learner. How does that sound to you? Are you a reader? Check out what the best-selling books are. If not, watching a TED Talk or subscribing to a subject on a YouTube channel is a way to start increasing your knowledge base. Be a good listener. Take notes. Ask probing questions. Consider asking someone you respect to be a mentor. Be open to new ideas.

One additional habit you might want to take advantage of this year is connecting with your chaplain. The chaplain is there for you and your family members. Your company cares about you. This is why this benefit is there for you.

You will find your chaplain to be a good "sounding board" to talk about these habits and anything else that might be of concern to you. Of course, everything between you and your chaplain is confidential (unless you are going to harm yourself or someone else).

Why not open up that MyChap App now and connect with your chaplain? It can be as simple as wishing him or her a "Happy New Year!"

Have you downloaded the MyChap App? Why not do that right now, and let your chaplain know how you'd like to connect? You can call, text, email, or video chat.



**24/7 access to your
Chaplain Team
via MyChap App**

*free in your app store



How It Works



Enter your company's
Location ID:

127117



Select a Chaplain to call,
text, email, or video chat
directly from the app.



Browse additional
resources

UIG Location	APP ID
UIG 1910 - Rich/Lex/Chapin	123591
UIG 1912 - Buncombe/Henderson	123593
UIG 2105 - Bibb – I-16 and I -75 Interchange	125246
UIG 2115 – Robeson	125291
UIG 2216 – Berkeley	126202
UIG 2218 – Orangeburg	126203
UIG 2304 - Lexington-US 21&US176 over I26	126858
UIG - 2308 - Toombs-SR 4 Widening-Bridges	126860
UIG 2311 – York – SC 160 Interchange	128277
UIG 2313 – District 2 Package 3 Bridge Repairs	128279
UIG 2401 – Charleston – SCPA, NBIF Drayage Rd.	128280

UIG Location	APP ID
UIG 2405 – Chatham – US 80	128284
UIG 2406 – Toombs – US 1 Swift Crk – Cal 010	128285
UIG 2409 - Union - Bridge Package 17	128289
UIG 2411 – Richland – NSRR over I-77	128291
UIG 2412 – Charleston Main Road Corridor Segment A	128938
UIG 2415 – Oconee Pickens	129560
UIG Corporate Office	123609
UIG Charlotte, 3800 Arco Corp Dr. NC	124373
United Demolition Office - Charleston	128716
UIG Special Operations Shop - Orangeburg	128717
UIG Rock Hill Office	129574
UIG Columbia Office	125579