

# One Source EAP Connections

## A Change Would Do You Good

March 2020

Sheryl Crow wrote the song, "A Change Would Do You Good" in the late 1990s and her words are still very true today:

"Everybody gets high, everybody gets low  
These are the days when anything goes

Everyday is a winding road  
I get a little bit closer  
Everyday is a faded sign  
I get a little bit closer to feeling fine"

Sometimes our own winding roads are filled with bumps that make us feel anything but fine. Change can often be scary, difficult and stressful.

Those are the times when we need ways to cope with change and maybe even some help from the One Source EAP to get a little bit closer to feeling fine.

*The EAP Team*



As spring tantalizes us with the occasional warm day, we begin to become impatient for the change of seasons. We prepare for Spring by putting away the heavy clothes and starting Spring cleaning. Wouldn't it be nice if we could embrace all of life's changes in the same positive way? *Psychology Today* published, "[10 Ways to Cope With Big Changes,](#)" which provides a commonsense approach to navigating changes, big and small, to emerge a stronger, healthier person.

One Source EAP is here to help you with tip number 6 - Seek Support!

Your One Source EAP team provides seminars on change, including:

- ◆ **Coping with Change**
- ◆ **Making the Transition from Staff Member to Supervisor**
- ◆ **Navigating Chaos**

Work with your HR partner to get approval to hold seminar, then [click here](#) to schedule it with the One Source EAP team.

**One Source**  
Employee Assistance  
Program

**RWJBarnabas**  
HEALTH

To take advantage of your EAP benefit, contact **800.300.0628, 24/7, 365 days a year.**

Contact with the EAP is completely confidential!