

Welcome to the JANUARY edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link to learn more!

**CGSUPRT is still operational during the shutdown** and can help with almost all of your **NEW YEAR'S RESOLUTIONS**. <https://www.cgsuprt.com/landing.jsp> The password is "uscg"

- **Eat Healthier** – FREE Professional Health Coaching
- **Exercise more** – Discounted gym memberships
- **Save money** – FREE Financial Coaching
- **Make new friends** – Over 60 courses including "Making and Keeping Friends"
- **Make a Will** – Free Legal Assistance
- **Get Organized** – Online courses teaching home and work organizational skills
- **Manage Stress** – Assessments and Training for Emotional Wellbeing and Resilience
- **CG SUPRT Mobile App**: Find app downloads at: <https://itunes.apple.com/us/app/cg-suprt/id1337819587?mt=8> or <https://play.google.com/store/apps/details?id=com.cgsuprt> The password is "uscg"

### Other GREAT resources available!

- **Biometric Wellness Screening** – Free biometric screening, sub-maximal V02 testing, exercise prescription and metabolic ratings <https://www.mamc.health.mil/services/armed-forces-wellness-center/default.aspx>
- **Decrease Screen time** – Turning off notifications and turning on grayscale are two quick and easy ways to build better digital habits. More great tips in this article! <https://www.cnn.com/2018/01/03/how-to-curb-you-smartphone-addiction-in-2018.html>
- **Quit smoking** – Increase your odds of quitting smoking with the Freedom Quitline <https://www.freedomquitline.org/>
- **Dry January** - Intrigued about participating? It's not too late! Check out the benefits! <https://www.wsj.com/articles/the-dry-january-effect-11546351200>

**Access WORK-LIFE website from home!** Connect with valuable resources from your phone or home computer. Share this link with your FAMILY! <https://www.dcms.uscg.mil/Base-Seattle/Work-Life/>

V/r,  
Your Work-Life Staff

Work-Life Web Site:  
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:  
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life/>