

OPTIMA EAP THOUGHT OF THE WEEK

October – Spending

If you're trying to get in better physical shape, tracking eating habits makes you more aware and intentional about food choices.

Similarly, if you're trying to make ends meet, financial professionals may advise tracking your spending. This can help you identify patterns that could be causing financial hardship. From there, you can make better choices and take actions to improve your financial health.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.
Call to schedule a confidential appointment with a licensed clinical professional.**

1-800-899-8174

Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.

OptimaHealth 
Employee Assistance Program

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