2024 New Year! New You! *Wellness Tips*

1. Set realistic, attainable goals. Focus on short-term, realistic goals to get to long-term objectives. Creating New Year resolutions that are overly ambitious or "big" can lead to disappointment and frustration, which may adversely affect your mental health. Instead, focus on setting small, manageable goals. For instance, rather than aiming to "eliminate stress," consider incorporating daily mindfulness practices or allocating specific weekly time for self-care activities.

2. Fitness that fits. Find a fitness routine that fits your lifestyle and schedule. Let fitness be incorporated into your daily lifestyle by taking the stairs, short walks, or moderate chores. Consider activities with family and friends that revolve around movement, not food.

3. Prioritize self-care. Self-care is not a luxury; it's a necessity for good mental health. Commit to prioritize self-care in your daily and weekly routines. Whether taking a leisurely walk, practicing meditation, indulging in a hobby, or simply allocating time for relaxation, prioritize activities that rejuvenate your mind and spirit.

4. Be kind to yourself. As you embark on a new year filled with aspirations and resolutions, be kind and compassionate to yourself. Accept that setbacks might occur and know it's okay to recalibrate your goals throughout your journey.

5. Everyday eating. Small steps can help you get on the road to maintaining a healthy weight. Watch your portion size by eating off smaller plates and sharing high-calorie foods. Change the way you prepare food by cutting back on added fats, grilling instead of frying, and eating more whole grains. Adjust your eating habits by drinking water before a meal, eating before you get too hungry, and stopping eating when you're full.

Sources:

https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/tips-eating-right.htm

https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

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