



New Year, Healthier You

Whether you're setting new goals or starting your wellness journey, we're here to support your health aims. Discover how a balanced diet, positivity, gratitude, and stress management can enhance your well-being.

First, identify your “why” – what motivates you right now? Motivation, and willingness, tend to shift over time, but it's helpful to get a sense of how you're feeling in the present. Consider what about being healthier inspires you in the moment. It can be easy to set goals, but if those goals aren't connected to the reasons why you want to achieve them, following through can be difficult.

Overcoming Roadblocks

Many of us know what's healthy, but struggle to make the transition. Connecting the goals to your why can help you overcome these common challenges:

- Finding manageable ways to stick with healthy habits
- Making time for self-care
- Handling information overload
- Avoiding the “all-or-nothing” mentality

10 Tips to Help You Achieve Your Goals

1. Cultivate a Mindset for Motivation

It's normal to have automatic negative thoughts (ANTs). By tuning in and noticing these thoughts without judgment, you can challenge and change them into empowering affirmations. Here's an example:

ANT: *“I've never been able to stick with an exercise plan.”*

Response: *“It's been challenging, but this time I've set realistic goals. Some exercise is better than none, and I'll give myself credit for the effort.”*

2. Make Your Environment Work

Creating and maintaining new habits involves making them easy to integrate into your life. Set yourself up for success by making healthy choices readily available. Key strategies include:

- Preparing food at home
- Keeping fruits and vegetables readily available
- Planning ahead to avoid unhealthy choices
- Reduce or eliminate “trigger” foods

Additionally, creating a supportive environment by surrounding yourself with like-minded individuals can significantly enhance your motivation and commitment.

3. Proactively Manage Stress

Managing stress is crucial for both physical and mental health. Make time to slow down, relax, and reboot. Techniques include:

- Relaxation techniques such as deep breathing, meditation, and yoga
- Regular physical activity to help reduce stress hormones and improve mood
- Mindfulness practices to stay present and focused

Incorporating these techniques into your daily routine can help you develop resilience and better cope with life’s challenges.

4. Practice Mindful Eating

Mindful eating helps differentiate physical from emotional hunger. Before reaching for food, ask yourself if you’re truly hungry or if something else might be at play, such as stress or boredom. Pay attention to your body’s hunger and fullness cues, and try to eat without distractions to fully enjoy your meals.

5. Get Up & Keep Moving

Incorporate at least 30 minutes of moderate-intensity exercise per day, and avoid long periods of inactivity. Simple strategies to stay active include standing more and taking short walks. Mix up your exercise routine with activities you enjoy to keep it fun and engaging.

6. Stock up on Sleep

Good sleep hygiene is essential for overall well-being. Tips for better sleep include:

- Unplugging before bed to reduce exposure to blue light
- Sticking to a sleep schedule by going to bed and waking up at the same time every day
- Creating a cool, comfortable sleep environment, free of noise and light disturbances

Quality sleep can improve your mood, cognitive function, and physical health.

7. Adopt an Attitude of Gratitude

Gratitude enhances physical health, reduces stress, and improves happiness. Start by jotting down things you are grateful for daily, or writing thank you letters to others. Practicing gratitude can shift your focus to the positive aspects of life and foster a greater sense of well-being.

8. Reclaim Your Joy

Joy is vital for emotional and physical health. Make time for activities that bring you joy, such as connecting with loved ones, engaging in creative outlets, or simply enjoying nature. Prioritizing joy can help you maintain a balanced and fulfilling life.

9. Take Small Bites

Start with manageable steps and build from there. Remember, developing new habits takes time, so be patient and kind to yourself. Focus on making one small change at a time, and gradually incorporate more as you feel ready. Some examples include:

- Take a walk before or after dinner
- Choose water instead of juice or soda
- Add an extra serving of vegetables at each meal

10. Invest in Your Health Account

Regular check-ups, knowing your health numbers, and seeking support from professionals or accountability buddies can help you stay on track. Investing in your health today can lead to long-term benefits and a higher quality of life.

Wellness is a personal journey. Focus on small, positive changes, forget perfection, and be kind to yourself. Remember that every individual's path to wellness is unique, and what works for one person might not work for another. Small steps lead to big changes, and it's important to celebrate each milestone along the way. Embrace the process and remain patient with yourself, as consistent effort over time will bring about meaningful and lasting improvements.

We're here to help.

Call: **1.800.834.3773**

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