

REALISTIC NEW YEAR'S

RESOLUTIONS



Start the year right with small, manageable changes to your routine. The new year is an ideal time to sit down and prepare a list of important lifestyle changes you want to make. Below are some ideas of healthy behaviors you can adopt and tips in helping you achieve your goals!

- ▶ **Start eating small, healthy portions of food and learn to control emotional eating.**
Tip: Keep a food log! Write down what you eat, how much you eat, and when you eat.
- ▶ **Instead of sitting around at work or at home, become more active. Physical activity is not only good for your physical health but is equally as important for your mental and emotional wellbeing.**
Tip: Have a buddy system! Your partner can be a positive motivator for you and conversations can help distract you from any discomfort during exercise.
- ▶ **Stop procrastinating, as it is the biggest barrier that keeps people from reaching their goals. Once you get in the habit of procrastination, it is hard to snap out of it.**
Tip: Make it a goal to focus on your work for 25 consecutive minutes, blocking out all distractions, then reward yourself with a 5-minute break.
- ▶ **Instead of getting stuck in a rut, don't be afraid to go out and make new friends. Meeting new people can be beneficial for mental wellbeing and may provide you with new career opportunities.**
Tip: Smile! This is such a simple, yet effective way to get to know new people. People are much more likely to approach a person who is smiling.
- ▶ **Be happy! Enjoy life's little moments and don't let problems and stress bring you down.**
Tip: Write down one thing that you are grateful for each day.
- ▶ **Move towards getting out of debt since it can be difficult when debt is weighing you down. Once your debt is under control, start saving some money for rainy days. This will help you to stay out of debt by allowing you to have extra funds for unexpected events.**
Tip: Track your spending and create a budget.