

# Creating Healthy Habits in the New Year



2018

- ❖ **Set a goal**
- ❖ **Eat fresh foods**
- ❖ **Drink more water**
- ❖ **Get moving**
- ❖ **Work out**
- ❖ **Get more sleep**
- ❖ **Manage your stress**

Every year, people come up with new year resolutions and goals in order to leave behind bad habits. These decisions are easily broken as one is not ready to make life changes. Most people think it's about quick changes but these goals will take time and patience. You want to create something that turns into a habit. Something like having breakfast each morning, where you don't even have to think about it. It's important to start out with small goals. This way, once you achieve it, you will be more motivated and have the confidence to take on bigger goals. Make sure you aren't comparing yourself to others. It's all about "you doing you" when it comes to healthy lifestyle goals. Go in asking yourself, "Why do you want to be healthier?" Don't try to change everything at one time. If your goals are to exercise more and eat healthier start by focusing on just one. This way you won't get too overwhelmed. The first step is wanting to change. It will fall into place shortly after and remember not to give up!

## TIPS

- **Be exact:** Your goal needs to be well defined and clear.
- **Write it down:** Write your goal in positive terms and place it somewhere you can see it every day.
- **Make realistic goals:** Make sure your goal is something you can actually achieve. Don't make it out of reach.
- **Create a timeline:** Make deadlines.
- **Believe in yourself:** Keep up your spirits and stay positive.
- **Don't get discouraged:** Life happens, but don't give up!
- **Get support:** If you need help, don't be afraid to ask. A little encouragement along the way won't hurt.
- **Reward yourself:** Recognize your progress and be proud of how far you have come.

# Improving Your Emotional Health

Besides being healthy physically, it's important to remember that we need to be emotionally healthy as well. Taking care of yourself emotionally is the first step to being successful in other areas. Let's become healthier AND happier in 2018!

- Go outside and spend time in nature. This can help clear your mind all while bringing you a sense of happiness!
- If you have some free time, try to meditate. This is a great stress management tool and will leave you feeling more energized.
- Be around positive people. There is no need to be around someone who is in a bad mood as this can have a negative effect on you.
- Find an activity you are passionate about. Doing something you enjoy will bring you a lot of joy!
- Exercise each day! This can help your mood, as well as, give you energy and reduce stress.
- Make sure you are organized. Unclutter your environment so you are able to relax and be clear minded.
- Get rid of your grievances. Practice forgiveness on yourself and others.

## HEALTHY RECIPE

### Anti-inflammatory Blueberry Smoothie



#### Ingredients:

- 2 handfuls spinach or leafy greens
- 1 frozen banana
- ½ cup frozen blueberries
- 1 T almond butter
- ¼ tsp cinnamon
- 1/8-1/4 tsp cayenne
- 1 tsp maca powder (optional)
- ½ cup water
- ½ cup unsweetened almond milk

**Directions:** Combine all ingredients in high power blender and blend until smooth.

Sources: <https://www.healthyessentials.com>  
<http://wellnessproposals.com>  
<http://chopra.com>

*Promoting Good Health and Quality of Life*



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