



January 2025

A Near Year for a Healthier, New You

A New Year typically comes with a New Year's resolution. However, maintaining those resolutions can be difficult, especially when it comes to your health and wellbeing.

How to Set Achievable Wellness Goals

Creating goals for yourself can always be overwhelming, especially when it is a lifestyle change. To avoid feeling overwhelmed:

- Start with Specific Goals – instead of vague goals like “get healthier,” focus on specific actions like “exercise 3 times a week” or “eat vegetables with every meal.”
- Start Small – break bigger goals into smaller, manageable steps that aren't overwhelming.
- Make Goals Measurable – Using metrics like minutes of exercise, number of steps, or servings of fruits/vegetables can help you stay motivated as you track progress.

How to Create a Resolution Plan

Below are some useful things to keep in mind while creating your wellness resolution plan.

- Reflect on your current health and wellness habits. Take notes of areas you're proud of and areas where you'd like to see improvement (e.g., physical health, mental well-being, nutrition, sleep, etc.).
- Identify key areas of focus that you would like to see improvement on.
- Break down big goals into actionable steps. Once you've chosen your goals, break them down into smaller, manageable actions. For example: Goal: “Exercise more” → Actionable Step: “Walk 10,000 steps a day.”
- Create a timeline for each goal by setting deadlines for when you want to achieve a specific milestone. This helps you stay on track and holds yourself accountable.

Tips for Maintaining your Resolutions

With goals of changing your lifestyle and overall health, maintaining these new habits can be tough. Here are some tips to ease your way into a healthier lifestyle:

- Develop a daily or weekly routine that integrates your health goals. Consistency in your routine is key, not perfection of your actions. Keep in mind it only takes 21 days for your brain to form a habit!
- Track your progress by using a journal, fitness tracker, or health app. Seeing your improvements over time, even small, can help you stay motivated.
- Reward yourself by celebrating your success with positive reinforcement. After achieving a milestone reward yourself with a “cheat” meal, new workout outfit, or something meaningful to you.
- Personalize your activities so that they are enjoyable for you. Whether it's a particular type of exercise, finding creative ways to cooking healthy meals, or practicing mindfulness, you should be able to find enjoyment in achieving your goals!
- Most importantly, incorporate self-compassion. There will be bumps along the way. Being kind to yourself when things don't go as planned and learning from setbacks will go a longer way than giving up on yourself. Wellness is a lifelong journey and progress, not perfection.

The holidays can be stressful for all. Visit your EAP program at <https://www.guidanceresources.com/groNg/#/login> to help you handle any stress you might have.