

WELL BALANCED

- JANUARY 2025 -



GETTING VS. *Staying* HEALTHY: Tips for Staying Healthy in a New Year

When the winter holiday festivities wind down and you're faced with the expectation of a fresh start in a new year, it's a great time to set new goals.

Resolving to get healthy, build your savings account, starting a new hobby, or double down on family time are all good things. But take your goals from good to great by planning for the long term.

January is National Staying Healthy Month. (1) The key word is "staying." The true benefits of healthy habits pay off when they are maintained in the long term. Consider these tips for setting yourself up for success in the new year.

Tips

- 1. Ask Yourself, "Why?"** - When setting a goal of any kind, carefully consider the "why", or motivation behind it. Why do you want to make this change, or implement this new habit? How will it improve your well-being? Could it potentially harm an area of your well-being? Make sure your goal aligns with the things you value most.
- 2. Be SMART and Specific** - Make Specific, Measurable, Achievable, Relevant/reward-based, and Time-Defined (SMART) statements when setting your goal.
- 3. Identify Potential Barriers:** The path to any type of behavior or lifestyle change usually include barriers and potential roadblocks. Consider the things that could potentially trip you up or make it more difficult to get there. These barriers could be things like your environment, your access to resources, your schedule, lack of

support, or even the lifestyle of your friends and family. Make sure to have a strategy for how you'll address each potential barrier.

- 4. Plan for Support** - Goals are often more easily achieved with support. Plan for the types of support and support people you might need to reach your goal. There's no shame in asking for help, accountability, or utilizing visual aids to keep you on track.
- 5. Set Milestones** - The satisfaction of attaining a long-term goal can feel like it's a long way away. Plan milestones toward your goal to give your brain a little dopamine to keep up the hard work. This could even be done in a reflection journal. Keep track of how you feel throughout the process and take time to reflect on your progress and learn from any stumbles.

Not only is it important to step long-term sustainable goals, but in order to have a balance in your life, you should also consider all aspects of wellness.



Studies have estimated that approximately 80% of New Year's resolutions fail. (3)

A goal can be set or achieved at any time of the year. Take the pressure off of only making resolutions at the start of a new year and take your time setting a sustainable strategy in your own timing.

These include:

Health - The feeling of strength and energy from your body and mind.

Meaning - Feeling part of something bigger than yourself. Knowing that your work matters. Having purpose in your life.

Safety - Knowing that you are safe from physical and psychological harm at work. Feeling secure enough to take calculated risks and show vulnerability. Free of concern about meeting basic life needs.

Connection - Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance, and support.

Achievement - Feeling you have the support, resources, and autonomy to achieve your goals. Succeeding at meeting your individual goals and work aspirations.

Growth - Feeling like you are progressing in your career. Learning and being challenged to use and expand on your strengths.

Resiliency - Viewing life with optimism. Feeling grateful and expressing appreciation. Feeling validated and encouraged.

Planning for the long term and considering whether your goals benefit and balance all aspects of your well-being is going to set you up for success to stay healthy all year long.



Want more resources on goal setting, behavior change, or cervical health?

Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.



Did you know January is also Cervical Health Awareness Month?

Cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended.⁽²⁾



⁽¹⁾ <https://nationaltoday.com/national-staying-healthy-month/#:~:text=U.S. overall%20wellbeing%20and%20self%20care,Cancer%20Awareness%20Month> ⁽²⁾ <https://www.aacr.org/patients-caregivers/awareness-months/cervical-cancer-awareness-month/#:~:text=January%20is%20Cervical%20>

⁽³⁾ <https://www.inc.com/marla-tabaka/why-set-yourself-up-for-failure-ditch-new-years-resolution-do-this-instead.html>