

Momentum

Keeping your New Year's resolutions



Go online to access more information!

Identify your priorities

- ☑ Plan to manage your typical holiday stressors this year. Don't seek the "perfect" holidays. Instead, have realistic expectations—and take one day at a time.
- ☑ If you have a workout routine, continue it over the holidays. At least take walks after big meals. Exercise burns extra calories and cuts stress.
- ☑ Be sure to unplug by yourself for short periods of relaxation between holiday tasks or events. This helps you unwind and stay on a healthier track.

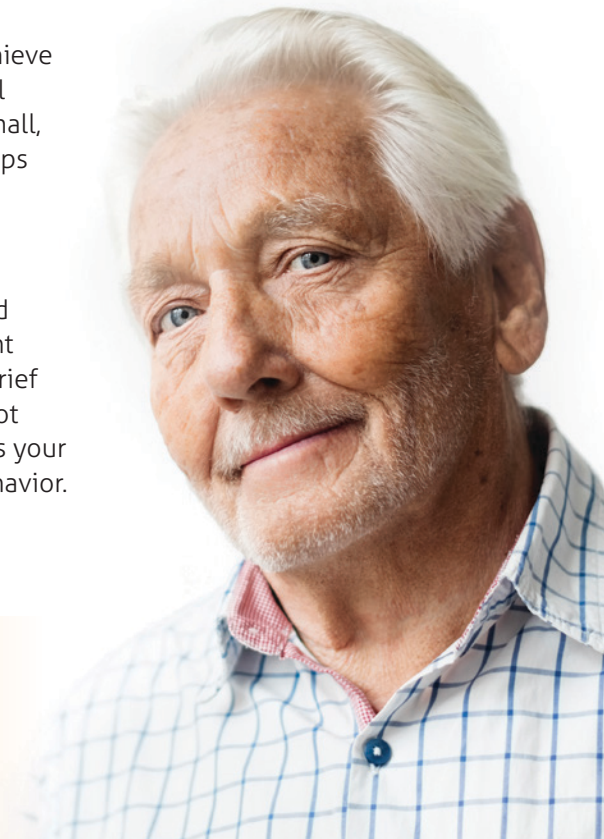
Positive change is possible!

As a new year begins, it's a good time to think about making healthy changes in your life. While many people fail to stick with their New Year's resolutions for long, you can take a different approach for 2019. Start by thinking about what you realistically want to accomplish personally and professionally this year—then develop a measurable, achievable plan for progress.

You'll have more powerful planning if you begin by plotting your goals against your core values. If you've identified potential goals that align with what you (and only you) value, you'll have a better chance of success.

- Remove non-essentials in your life so you can focus on things that matter most to you and avoid distractions.
- Whatever it is you want to achieve anew, break it down into small activities at first. Repeating small, positive behavior changes helps you rewire your brain's neural pathways, to adopt healthier habits.
- Try attaching your new desired action to a well-formed current behavior, such as fitting in a brief meditation after you have a hot drink each morning. This helps your brain incorporate the new behavior.

Don't hesitate to access your program if holiday blues are making everyday life difficult for you. You can obtain free helpful advice and counseling at any time.



Log on to MagellanAscend.com today!

Magellan
HEALTHCARESM

Set specific, measurable goals

Your greatest hopes can disappear into thin air if you don't establish real goals that you can touch and feel.

- The SMART goal system is a practical framework for establishing achievable goals that can keep you motivated throughout the year. SMART goals are Specific, Measurable, Attainable, Relevant and Time-based.
- When setting goals, use dates, times, amounts—any form of measurement that helps you set clear goal targets. For example, lose five pounds or work up to 40 pushups a day by June 1. Or, walk outside at least one mile twice a week. Or, by February 1, get signed up for a martial arts class or an online continuing education course.
- Be realistic and flexible in setting goals. Don't shoot for goals so high that you'll give up. If you get off track during the year, regroup and start again!
- Putting your goal plan in writing will help you
 1. maintain a clear sense of what you're trying to accomplish, and
 2. chart your progress over the year.

Healthier habits make a difference



Eating better

Improve your diet gradually. Start to replace desserts and sugared drinks with fresh fruit and juices. Add more vegetables, whole grains, yogurt, fish, and lean meat to your diet. Set short-term goals, e.g., "By Feb. 15, I'll reduce the number of times that I eat out each week from ___ to ___."



Moving more

Physical activity is recognized as a key component of a healthy life. If you don't exercise currently, a brief walk at home or during work breaks is a great start. Then, try different exercises like yoga, Pilates, water aerobics, biking or strength training—and make one a regular part of your schedule.



Emphasizing self-care

Mind your mental and emotional health. If excess stress is affecting you, try a relaxation technique such as deep breathing, progressive muscle relaxation or meditation. If you smoke, strive to quit. Set a quit date and spread the news to family, co-workers and friends. Talk with a doctor and develop a personalized quitting program.

Additional sources: INC.com, Live Bold & Bloom.



Webinar—If you've been thinking about giving up tobacco use, join our helpful webinar—Starting the New Year Tobacco Free!—on Wednesday, December 12. Register [here](#).