

NEW YEAR! BETTER YOU IN 2022!



Let's start off 2022 the right way! Let's make this the best year yet!

The start of a new year is a great time to focus on new goals and make changes in our lives. We often become complacent and need to refocus on what's important to us and what makes our life better. Here are some simple strategies to take better care of ourselves both mentally and physically:

Eat Nutritious Food

Most of us lead hectic and busy lives. It can be challenging to make good food choices while trying to meet all of our obligations. A few ways to make healthy eating a little easier are to meal plan, meal prep, purchase a few less unhealthy foods and a few more healthy foods to keep at home, and find easy on-the-go snacks (ex. nuts, seeds, raisins, carrot sticks).

Drink More Water

Yes. You can do it! Drinking more water helps us stay hydrated and is good for our body. This can be done by keeping a water bottle with you in your vehicle or when you are at school or work. You

can also decide to swap one soda for a glass of water each day or drink a glass of water before you drink the soda.

Get Adequate Sleep

Busy lives can make getting enough sleep challenging. We need to ensure that we are getting approximately eight hours of sleep each night. This may mean changing routines slightly (ex. turn off electronics 30 minutes before bed, spend time reading before bed) to relax and help sleep come easier.

Exercise Regularly

Regular exercise can help keep us feel better mentally and physically. Exercise is good for our heart and lungs. However, it's always good for our mental health! Exercise gets the good chemicals flowing in our brain! Bonus: Exercise does not have to mean the gym. Playing, dancing, walking, running, and many other enjoyable activities are good exercise too!

Decrease Your Stress

This is often easier said than done. However, it's so very important to decrease stress. This can be as simple as making sure that you have time as making sure that you have time alone each day to decompress or say "no" to

extra tasks or activities you don't have time to do. If you can't get rid of stress this easily, you can learn additional coping strategies stress a little better.

Increase The Positives

This means HAVE FUN! Do activities you want to do. Spend time with the people that are important to you. Take time for yourself. Explore your environment. Learn something new. Volunteer. Have fun! Enjoy life! We only have 24 hours in a day. The more positives we can add the less time there is for the negatives!

Follow us on Facebook for more information on mental health topics, such as depression, anxiety, parenting, & more.

For more self-care ideas, check out our 5-Day Self-Care Challenge on Teachable!

<https://luzio-associates-behavioral-services.teachable.com/p/5-day-self-care-challenge>