

NEW YEAR INTENTIONS for a better you

Get outside everyday

Time outdoors refreshes the mind, gives you more energy and exposure to the famous Vitamin D.



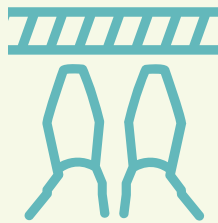
Unplug 1 hour before sleep

Your phone distracts you, keeps you awake, and stimulates your brain—delaying REM sleep. Put the phone away so that you can fall asleep easier and sleep better.



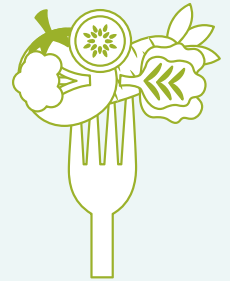
Set boundaries

start small and be clear and direct when sharing your boundaries with others



Eat more fruits & vegetables

A well-rounded diet can fuel your body and mind. Try to consume vegetables, fruit, and lean proteins each day.



Say "NO"

"NO" is a form of self care. It can be hard to say no, but it is an important skill to practice in order to take care of yourself.



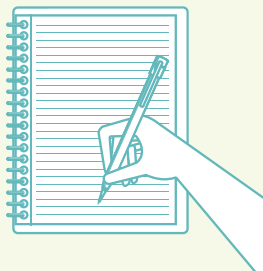
Drink more water

Aim to drink half your bodyweight in ounces of water. Weigh 150 pounds? That's 75oz. of water.



Practice daily gratitude

Simply write down 3-5 things each day that you are grateful for, and instantly see your perspective and mood shift.



Be aware of your stressors

You can't avoid stress, but you can learn how to deal with it when it comes up. Grab a journal and write down how you are feeling and what is stressing you out.

