

## **Welcome to the New Year**

Reflect on the past year and start the year with a focus on your health and wellbeing. Getting more active, eating better, drinking less, connecting with others and getting enough quality sleep are a few ways through which we can lead a long, healthy and more meaningful life.

If you do take a moment to focus on things that you would like to achieve in the coming year, it is important not to put too much pressure on yourself. Set your goals for the new year and make sure they are measurable and achievable. Anything from last year that was not done can go on the list, or not if it is not important. The aim is to recognise that you do not need to do everything.

As we step into the new year a little older and hopefully wiser, we should use everything we have to take care of ourselves, our families and our work.

Celebrate yourself and be deliberate about it. Let this be a normal thing which follows any achievement large or small. It is about taking time to acknowledge something positive you have done and to encourage you to keep on going. Reward yourself with breaks, buy yourself a present or simply take time to relax. This is an investment in you...

### **Physical Activity**

Being active is not only great for your physical health and fitness but can also improve your mental wellbeing.

It doesn't have to be a chore - consider taking the stairs instead of using a lift, taking a fitness class, getting off the bus earlier than your usual stop to walk the remainder of your journey, or signing up for a dance class with friends.

### **Eating Better and Drinking less**

Having a balanced diet is an important part of maintaining good health and can help you feel your best. A healthy diet will have positive effects on both your physical health and mental wellbeing. This also means eating in the right proportions to achieve and maintain a healthy body weight. Drink less and track your drinking with apps and learn simple and practical tips to help you control your drinking habits.

### **Connect with others**

Good interpersonal relationships with your family, friends, and a broader community, are critical for mental wellbeing. The development of stronger, broader social connections can increase your feelings of happiness and self-worth, so make the effort to spend time with others and participate in activities with them. It may be as simple as stepping out for an evening walk with a friend, getting a coffee with them or visiting the shops together.

### **Quality Sleep**

Good-quality sleep makes a significant difference to how we feel, mentally and physically, so it's important to get enough. If you're having trouble sleeping, there are simple steps you can take to improve your sleep by getting into a daily bedtime routine and ease those restless nights.

Remember to listen to your body and do what makes you feel good. Feeling good is

important and vital for your wellbeing.

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