

HAND IN HAND

Garfield County Public Health District



IN THIS ISSUE

5 WAYS TO MAKE YOUR RESOLUTIONS STICK IN 2023

COMMUNITY HEALTH WORKER IN GARFIELD COUNTY

FILLABLE RESOLUTION GOAL SHEET

CHOOSING A NEW YEAR'S RESOLUTION

FOCUSING ON *me* IN 2023

New Year's resolutions can be a great way to jumpstart your year with positive changes. Why not try setting a goal to get more exercise, eat more healthy foods, or try something new? You could even set a goal to spend more time with friends and family or work on a new skill.

Whatever your goals may be, we wish you the best in achieving them and having a brighter, healthier 2023!

Make 2023 the year of YOU! Take some time to focus on yourself and your goals. Put your goals in writing, get creative, make it a team effort, celebrate your successes, don't be too hard on yourself and take it one day at a time. Learn how to make your resolutions stick in 2023.



WA STATE QUITLINE

Wanting to quit smoking in 2023? Check out the WA State Quitline website for resources and support. Highly skilled, friendly Quitline counsellors deliver behavioral interventions to help people stop smoking. This includes helping people to:

- Identify and manage triggers to smoke
- Manage nicotine withdrawal symptoms and cravings
- Build motivation, skills and confidence to quit



MAKE YOUR NEW YEAR'S BRIGHT

Eating a well-balanced diet is essential for maintaining good health. Eating a variety of nutrient-dense foods can help provide the vitamins and minerals your body needs to function properly. Focus on including plenty of fruits and vegetables, lean proteins, whole grains, and healthy fats in your diet. Limiting processed and sugary foods, as well as unhealthy fats, can also help promote a balanced diet. Additionally, staying hydrated by drinking water throughout the day can help keep energy levels up and ensure your body is functioning optimally.



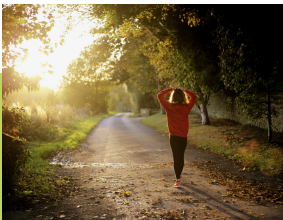
MAKE YOURSELF A PRIORITY IN 2023

Mental health is an incredibly important part of overall wellbeing and it's important that we make resources and support available to those who need it. It's important to create an environment where people feel safe to talk openly and honestly about how they are feeling, and to provide them with the resources to help them. This could include access to mental health professionals, support groups, and community resources. Additionally, it's important to create a culture of understanding and acceptance when it comes to mental health issues, so that those affected can feel comfortable talking about it and getting the help they need.

MAKE YOURSELF *a priority* IN 2023

What aspect of your health would you like to focus on in the new year?

A great aspect of health to focus on in the new year is mental health. Mental health is just as important as physical health, and taking steps to improve mental wellbeing can have a positive effect on your life. Some ideas for improving mental health include: setting aside time for yourself to relax and practice mindfulness, finding meaningful activities to fill your time, and engaging in meaningful conversations with friends and family. Additionally, seeking help from a mental health professional, if needed, can be very beneficial. Taking care of your mental health in the new year can help you start off on the right foot!



5 WAYS

make your new year's resolutions stick

1. Start small. Instead of making a long list of resolutions, start with a few that you think you can accomplish.
2. Make a plan. Break your resolutions down into small, achievable steps, and assign a timeline to each step.
3. Get an accountability partner. Share your resolutions with a friend or family member who can help you stay on track.
4. Track your progress. Keeping a journal or writing down your successes and challenges can help you stay motivated.
5. Celebrate your victories. Acknowledge the progress that you make and allow yourself to celebrate the small victories.

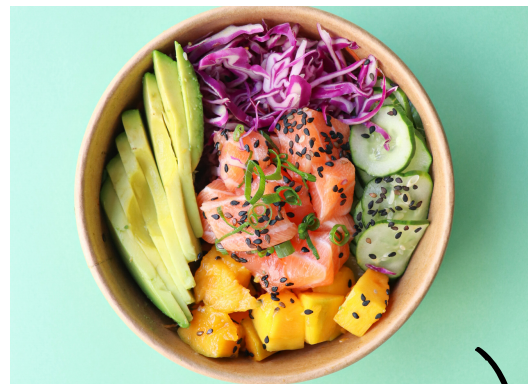
MAKE YOUR *new year* BRIGHT!

If you are looking to make your food more visually appealing, one great way to do this is to add more fruits and vegetables to your plate! Fruits and vegetables come in a wide variety of colors and adding them to your meal can brighten up the look of your plate.



Changing your eating habits and eating well for life can be a challenge, but it doesn't have to be overwhelming. Start small by making small changes in your daily routine. For example, instead of eating three large meals, focus on eating five or six smaller meals throughout the day. This will help keep your energy levels up and reduce the chance of overeating. Make sure to include plenty of fruits and vegetables, as these are packed with essential vitamins and minerals.

Choose lean proteins like fish, chicken, or beans, as well as whole grains like quinoa, oats, and brown rice. Drinking plenty of water is also important for staying hydrated and helping with digestion. Finally, try to limit your intake of processed foods and limit your sugar intake. Eating a balanced diet is key to maintaining good health, so take the time to make healthy choices!



how to make a healthy meal that is not boring

Making healthy food doesn't have to be boring! Try spicing up your meals with fresh herbs and spices. Incorporating different colors and textures of fruits and vegetables can add some fun and flavor to your dishes. You can also explore new cuisines and dishes to find healthy meals that are interesting and enjoyable. Try using a slow cooker to make meals that are healthy and require minimal effort. Lastly, don't be afraid to experiment and try new recipes or combinations to find the meals that you enjoy the most!

2023 New Year's Resolutions

name

My Goals for 2023 are:

Word of the Year

My 2023 Motivation

My New Priority

In 2023...

I want to learn

I want to go

I want to achieve

I want to try

I want to continue
