Healthy Holidays!

With another year nearly behind us, it's a great time to reflect on 2019 and make notes about positive changes you made to your overall well-being, and areas you'd like to focus on in 2020. No judgement! Just honest reflection and noodling opportunities to implement changes you desire in the New Year.

Prepping yourself is an excellent way to generate a positive mindset and set reasonable expectations. Below are suggestions and ideas to consider when making your Well-Being Wish-list.

WELL-BEING WISH-LIST 2020

PREVENTATIVE CARE

- Did you obtain your wellness and preventive care exams during the year? If so, GREAT JOB! If not, take a moment and schedule them during the holiday break or in 2020 so it's on your calendar and done for the year!

PHYSICAL ACTIVITY

- Are you participating in a physical activity that you enjoy? Not everyone enjoys going to the gym or boot-camp classes. Maybe you like to dance, kayak, take walks with your pets, or hike. It all counts! If you need more of that in your life, make a note for 2020. Check out hiking groups in your area if you prefer to workout with others and get moving!
SELF-CARE

- Taking care of yourself is not selfish. Let’s repeat that: It's not selfish to attend to your needs FIRST. Self-care means different things to different people, but the consensus is, it is essential especially during stressful and busy times. Some ideas?
  - Spring for a monthly massage package or ask for it as a Xmas gift.
  - Schedule 15 minutes for yourself every morning or evening (or 2-3 times a week) to do whatever you feel like doing. Reading, watching TV, meditating, scrap-booking, listening to music, spending time chatting with a friend - whatever fills you up or de-stresses you.
  - Start a gratitude journal, board, jar, etc. There are tons of ideas online to help you get started. Neuroscience has proven that an attitude of gratitude releases our feel-good hormones which boosts mood.
  - Find a way to get enough sleep. 70% of American’s report they don’t get enough sleep. Sleep is critical to cellular repair, cognitive awareness, hormone production and much more! Take a look at how you sleep and make some changes if needed. Read here for some tips from our Clinical Adviser, Dr. Lauren Ruegg.

EAT LIKE YOU MEAN IT

- Take the time in the new year to educate yourself on what’s healthy and best for your body and lifestyle. There is so much conflicting information and pressure in the media on diet and lifestyle choices, it’s easy to get overwhelmed. But there are reliable sources that can be life-changing, even reversing chronic disease states. Check out our information on the Ketogenic Diet and peruse our Mythbuster Monday blogs written by Kristen, our Registered Dietitian, on our blogs page which highlights dietary myths and includes resources to do your own fact checking.

Write up your wish-list and put it up in a conspicuous spot in your home (bathroom mirror, refrigerator, vision board, next to your computer) to remind you what you’re looking forward to in the New Year. Chip away one day and one wish-list item at a time and congratulate yourself each time you do!

Valley Schools wishes all of our members and their families a joyous holiday season!

We look forward to a healthy and productive New Year!