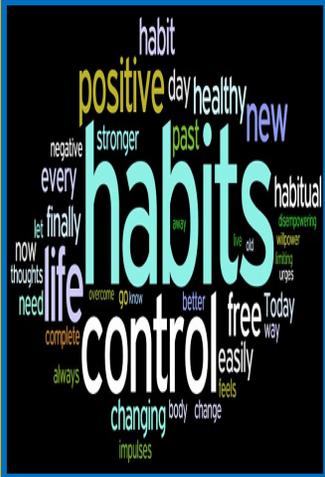




Prepare for Success in 2019

Do you have unhealthy habits that are putting yourself at risk for becoming ill in 2019?

No matter how stubborn your habits are or how many times you have tried to change them and have been unsuccessful, here are some tips to help you be successful this year!



- 1. Focus on realistic bite-sized goals** that can be measured! DO say to yourself: I can lose 2 pounds this month. Saying: I need to lose weight, is a wish not a goal.
- 2. Avoid temptations.** If you always stop for a donut on your way to work, try a different route. Keep fatty foods, cigarettes, alcohol, and other tempting items out of your home.
- 3. Replace unhealthy with healthy behaviors.** Instead of taking second helpings, put your plate in the sink.
- 4. Prepare mentally.** If you can't avoid tempting situations, prepare in advance. Mentally practice how to handle temptations.
- 5. Enlist support.** Ask friends, family and co-workers to support your efforts to change. Instead of donuts or bagels, bring in English muffins or fruit.
- 6. Reward yourself for small steps.** Give yourself a healthy treat when you've reached a small goal or milestone. If you slip back to an unhealthy habit, don't beat yourself up or tell yourself you can't, it's just a slip, so restart your steps to wellness.



Talk with your Nurses of Wise Health Decisions® to help change unhealthy habits to healthy ones. Be well in 2019!

REMEMBER: You may think you should wait until you are motivated to start doing something good for yourself. Or, you may think there are too many barriers to beginning to make a change right now.

Now is the time. Don't wait for motivations to act on your goals. Take small bite-sized and measurable action first and inspiration will follow.

Celebrate your successes regardless of how small! Changing habits is hard.



Resources:
www.medlineplus.gov/magazine
www.psychologytoday.com