



# NEW YEAR NEW YOU

**8 Healthy Habits for you to take into 2020!**

## 1. Sleep

Sleep is crucial for optimal brain health, focus, and energy. Consistent lack of sleep may increase the risk for neurodegenerative diseases. *Tip: Shut down electronics or put them in "night mode" at least one hour before bedtime to prevent blue light disrupting melatonin production.*

## 2. Meditation

Practicing mindfulness through meditation has shown to grow areas of the brain associated with compassion, help with sleep, and reduce stress levels. *Tip: Start by setting an alarm for 5 minutes first thing every morning or right before you go to bed to get in a meditation routine.*

## 3. Prevention

Prioritize prevention and self-care. Staying up to date on doctor appointments will help keep your health in check. *Tip: Sign up for appointment reminders via text message and emails.*

## 4. Exercise

Exercise is not only good for our cardiovascular health, but it boosts hormones that positively impact our mood and brain health. *Tip: Take a walking work meeting or walk during your lunch break.*

## 5. Hydration

Every cell in our body relies on water for proper function. Poor hydration can lead to headaches, a lack of focus and energy. *Tip: First thing in the morning, before any coffee, drink a full glass of water.*

## 6. Nutrition

Eating nutrient dense foods positively impact our mood, energy levels, and organs. Include non processed, whole foods like poultry, eggs, vegetables, fruits, nuts, seeds, and olive oil.

*Challenge: Include a plant based food in each meal and strive to eat the rainbow!*

## 7. Positive Self-talk

Positive self-talk can help reshape our outlook on daily struggles, and boost confidence and motivation. *Tip: Challenge your negative thoughts by asking yourself, "How are my thoughts helping the situation?", and "Is there another way I can look at this situation?"*

## 8. Stay Connected

It is easy to get wrapped up in our daily routine get disconnected. Staying connected can reduce loneliness, increase happiness, and offer another source of support. *Tip: Set a date in your calendar each month for time to reach out to others or plan a get together.*

### Make it SUSTAINABLE

1. Be realistic with *small* changes throughout your journey
2. Balance - make one change at a time & build from there
3. Track for awareness
4. Surround yourself with those who have the same goals and ask for support
5. Celebrate the baby steps!