

NAWIC

The National Association of
Women in Construction



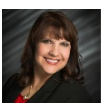
Safety & Health Awareness Committee

January 2022

Ten New Year's Resolutions You Can Actually Keep

Happy New Year! Approximately 40% of Americans make New Year's resolutions. Of those who do, about 1/3 succeed with their resolutions past January. The NAWIC Safety & Health Awareness Committee would like to share the following ten healthy new year resolutions you can actually keep. If this committee can help you succeed in your safety and health goals in any way, do not hesitate to reach out.

1. **Eat more whole foods.** Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain nutrients that your body needs to function at an optimal level. To achieve this goal, rely less on convenience foods. Instead, cook more meals at home.
2. **Sit less and move more.** Sitting too much has been proven to have direct negative effects on your overall health. One way to achieve this resolution is by finding a physical activity that you enjoy.
3. **Get more quality sleep.** During sleep, your body physically and cognitively restores itself. Lack of sleep leads to a host of physical and mental health problems. You can achieve quality sleep by decreasing the amount of light in your bedroom, reducing screentime before bed, and cutting down on caffeine.
4. **Take more me time to practice self-care.** Taking time for yourself is not selfish. In fact, it is essential for optimal health and wellbeing. Self-care doesn't have to be elaborate or time consuming. It can simply mean taking a bath every week, attending your favorite weekly yoga or exercise class, preparing a healthy meal for yourself, going for a walk outdoors, or getting an extra hour of sleep.
5. **Spend more time outside.** Spending time outdoors can improve health by relieving stress, elevating mood, and even lowering blood pressure. Take the times, especially on your days off to take a hike, ride a bike, or even just soak up the sun in your local neighborhood park.
6. **Limit screen time.** Spending too much time on electronic devices — particularly on social media — has been linked to depression, anxiety, and loneliness. Make it a goal to simply cut back, especially at bedtime.
7. **Try meditation.** Meditation is proven way to promote mental well-being. There are numerous free websites, apps, and podcasts to get you started.
8. **Be more present.** Noticing your environment and listening intently to others are simple ways to be present.
9. **Stop negative body talk.** Stop shaming yourself. Make a healthy New Year's resolution to engage in positive self-talk daily.
10. **Visit your doctor and dentist.** Having regular health and dental screenings can help spot potential problems before they turn into something more serious.



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