

Things to Start—and Stop—Doing in 2019

The biggest flaw with New Year's resolutions is that we typically bite off more than we can chew. We're not setting realistic goals. As such, we end up disappointed and, often, with a forgotten resolution by the time February rolls around. Here are some realistic goals that anyone can accomplish in a calendar year. Things that are not only doable but also enjoyable and will eventually become second-nature. You might even forget they were resolutions. The best part? Each contributes to a happier life and healthier body and brain.

Take more YOU time: Maybe you gave a little too much to others this past year and not enough to yourself. Perhaps you were stretched too thin or overextended yourself. That's ok! It was a time for learning and growing. In the new year, it's ok to say "no" sometimes and take a little more time for yourself. Whether it's for getting organized, doing a solo workout, or just binge-watching your favorite show from your bed, allow yourself some personal space in 2019.

Stop doing the one workout you hate: This is your year; this is your time. You don't have to run to lose weight, you don't have to do indoor cycling to be healthy (or cool). If you truly hate running, then why are you doing it? If the answer is "because I have to," you're wrong. The same goes for all other activities. Use the new year to find something else that you do love that will have the same kind of healthy effects on your body and brain.

Learn one new healthy recipe you love: You can definitely accomplish this in a calendar year—after all, you only have to find one. This may take a little trial and error (particularly if you're new to the kitchen arena), but once you find something you love, you can incorporate it into your weekly menu—and thus, daily eating habits—for years to come.

Add one low-impact workout to your routine: Running and other high impact routines are great workouts, but sometimes your knees need a break. Supplement your high-impact routine with some low-impact strengthening exercises. Mixing your workouts up will help extend the life of your joints and allow for many more workouts for years to come.

Choose gratitude each day: Want to inject more joy into your year? Start each day with a gratitude reflection. What are you grateful for? What makes you happy? Focus on the good to improve your mood, and your physical health will follow suit.

End the negative self-talk: You need to stop beating yourself up this year. Do your best in 2019 to give yourself grace, kindness, and patience. Start giving yourself

more compliments, and make this year about no negative self-talk—ever. The more you berate and degrade yourself, the harder your year will be; you'll also have a much harder time reaching your healthy goals.

Create a bedtime routine: This year, try to get more sleep! One of the ways you can ensure that happens more often is by creating a nightly ritual that'll help ease your anxious feelings and soothe you into a sound slumber. Maybe aromatherapy speaks to you, or you're up for trying some Chamomile tea—whatever it is, it'll help you snooze, which in turn will positively impact your health and mood all year long.