

Wellness Bulletin

Resolutions

Lose the long list of resolutions. Research shows that resolutions just don't work.

- **80% fail to keep New Year's Resolutions (study by University of Scranton)**
- **Mid-February is when most resolutions are abandoned**
- **January 12 – athletic data drops significantly according to online global activities (research by Strava).**

Toward the end of 2019, I decided to halt the redundant tradition of new year resolutions. I was tired of the repetitive nature of my yearly narratives: Set goals that don't really matter to you, struggle to stick with them, and then totally fail to progress your life forward (and feel bad about yourself).

Since then, instead of setting new goals for the year ahead, I've been theming my years into one-word intentions.

An intention is a guiding principle for who you want to be and how you want to act, live, and show up in this world.

This video shares five steps to choosing a word of the year, because it's never too late to start!
<https://mountainmodernlife.com/word-of-the-year/?jwsourc=cl>

Eating 12 Grapes

In Spain and Peru people eat 12 grapes as the clock strikes midnight (one each time the clock chimes) on New Year's Eve. This peculiar ritual is meant to bring good luck in the 12 months ahead. However, in Peru they eat a 13th grape to insure their good luck.



New Years Food Traditions

Rice for **riches**
Peas for **peace**
Greens for **GREENBACKS**
Cornbread for **gold**
Peas for **pennies**
Sweet potatoes for **gold**
(Hog)Jowls for **joy**
Fish for **silver**

and a *Penny under your plate* for prosperity the whole year.

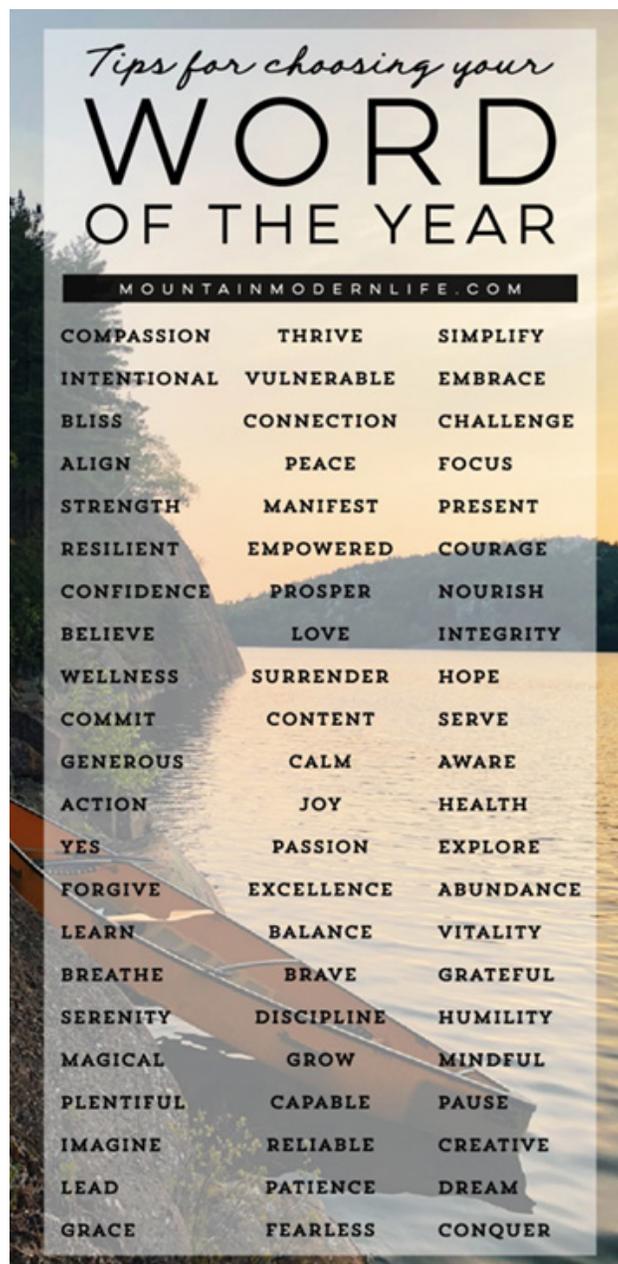
SplendidHabitat.com

A Word of the Year is a fun way to set your theme for the year. Your word is a guide that can mean different things to you through the year! It's flexible but can serve as an inspiration or a theme.

- Sets a Theme for the Year
- Keeps You Focused
- Creates Positive Change
- Keeps You Aware of Your Intentions

What's your 2022 Word of the Year? Mine is Clarity.

Don't forget to jot down your WOTY in your calendar, planner, or journal. You can write it on a post-it note and stick it on your bathroom mirror, computer, or anywhere else you'll see it regularly.



Employee Spotlight

Employee Name: Christine Morris

Job Title: Clinic Manager

Location: Saint Cloud

Q: When you reward yourself, what is your go to reward?

A: A warm bath and sushi, not at the same time.

Q: Why I work at CMMHC?

A: This agency values creating a supportive and safe environment in a way that is unique compared to other agencies. This is what brought me here and this is what keeps me.

Q: What is your favorite self-care activity? How do you implement this in your busy life? How does this help you with your wellness?

A: Meditation is very important. To be able to have a few minutes at the start of the day to quiet my mind and simply focus on my breath gives me the mental strength to get through the day.

Q: What makes you laugh?

A: The Office. I love watching people do and say things that would totally not be okay in reality.



