Be it Resolved!

Here it is! 2019! Bring on the resolutions of drastic change! Whether you are going to hit the gym and eat right everyday or you are committed to becoming a straight A student, this is YOUR year! But fast forward to the middle of February. You don’t want another salad. You are tired of your cardio routine. And for some reason, you are still on the struggle bus in Econ. 2019 is just...no...your...year. But just wait one minute! Do not give up on yourself. Instead of making lofty resolutions that may have not been successful in previous years- you know, the ones that focus on your physical appearance and/or perfection- how about you resolve to improve your well-being, which in turn could positively impact your other goals. Here are 3 strategies that can get you started!

1. Be (More) Kind to Yourself
   Treat yourself with respect. Start by improving your self-talk. Find something that you like about yourself (this does not have to be a physical trait) and affirm it (ex: “I am an amazing singer”).

2. Change/End Unhealthy Relationships
   Are those friends not being so friendly? Sometimes we give other people too much power in our lives (on social media AND personally). If your circle is not investing positivity in your life, perhaps they are simply not for you. Start by being honest about what is not working; if there is no improvement, you owe it to yourself to remove any negativity from your life.

3. Commit to Becoming Better (Not Perfect)
   Did you end last semester hoping for a certain grade? You can work your way into a better understanding of course content by going to tutoring in areas that may not come so naturally; but NOT just to make up assignments! Go to actually strengthen your grasp of the subject; you just might earn that grade that you only once hoped for. By taking the time to develop effective habits, you can improve the quality of your health, relationships, and overall well-being.

Be Well Resource Corner

- **Thrive Therapy (West Valley Location)**
  10451 W. Palmeros Drive, STE 126A
  Sun City, AZ 85373
  Phone: (480) 788-0066
  Dedicated therapists who work with a variety of issues and provide a non-judgmental, hopeful, and supportive environment for those who are serious about change.

- **T.E.A.M. 4 Kids**
  3601 N. Litchfield Rd Suite 124
  Surprise, AZ 85374
  Phone: 800-376-3440
  Offering therapeutic services that range from physical therapy, occupational therapy, speech therapy, feeding therapy, and more in order to “Help Kids Develop to Their Greatest Potential!”

Ways to Maintain Good Mental Health

- Getting enough sleep
- Eating right & exercising
- Taking care of basic physical & emotional needs
- Staying connected socially
- Stopping to assess how things are going in life
- Managing the stressors in life

"Write it in Your Heart That Every Day is the Best Day in The New Year." - Ralph Waldo Emerson