

MENTAL HEALTH MEMO

WELLNESS & GOAL SETTING



WELLNESS

It can be challenging to stay up on your health at the start of the year, as it is cold outside, the holidays are over, and we are back to our daily grind. Here are some tips to take control of your health and wellness:

1. Stay Hydrated
2. Eat fruits and vegetables
3. Prioritize healthy sleeping habits
4. Engage in hobbies or activities you enjoy
5. Move your body regularly
6. Take a daily dose of Vitamin D

GOAL SETTING

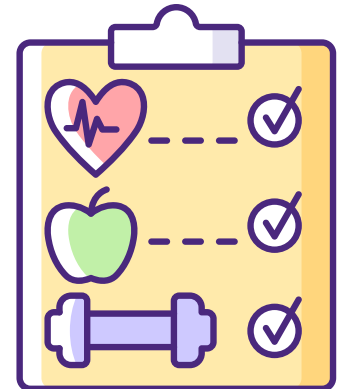
Create SMART goals to help you accomplish your desired wellness outcomes

- **S-Specific:** Clear, well-defined, and unambiguous
- **M-Measurable:** How are you going to measure your progress? Examine the frequency of the objectives and how you will know the goal is accomplished.
- **A-Achievable:** Do you have the resources to complete this goal?
- **R-Realistic:** Are you setting yourself up for success?
- **T-Timely:** Goals should have a deadline to increase motivation

The purpose of SMART goals is to be clear and concise in our development in order to avoid vague goals that set us up for failure at the start.

An example could be:

"I am going to engage in 10 minutes of deep breathing exercises daily to help lower my stress levels by February 2025."



COPING STRATEGIES

1. Deep breathing
2. Grounding Techniques
3. Reading a book
4. Going for a walk
5. Connecting with a friend
6. Engaging in a hobby
7. Pet an animal
8. Laugh

