



Wellness Wednesday

Weekly health & wellness tips for Grand County.

Stop! Don't make that resolution!



It's January 3. And, yes...yes, we're all booting up to lose 20 pounds, save more money, quit our bad habits and generally be better people in 2024. New year new you... right...? Hold that thought.

Resolutions can't lead to sustainable behavior change because they're not constructed in a way that harnesses motivation and turns it into action and change. And because resolutions don't work, they are inherently depressing. By one estimate, 80% of resolutions are abandoned by February. Instead of setting yourself up to feel like a failure, focus instead of forming healthier habits.

Instead of "I'm going to lose 25 pounds by Valentine's Day!"

Try "I'm going to commit to being healthier and develop a consistent exercise routine that I enjoy and is sustainable."

Instead of "I'm giving up eating candy forever!"

Try "I'm going to avoid walking past the vending machine on my way to lunch, and learn about healthier alternatives to my favorite treat (that I still plan to enjoy every once in awhile)."

Instead of "I'm deleting my Facebook profile and banishing all social media from my life!"

Try "I'm going to only check Facebook three times a day, and commit to putting the phone down for good at 7 p.m. on week nights."

You get the point.

Mindfulness plays a big role in breaking unwanted habits and making new ones. So this year, instead of setting yourself up for a double whammy (not fulfilling a New Year's Resolution **and** shaming yourself for "failing"), be thoughtful about what changes you'd like to make and chart a course to get there over time.

*Remember who actually
won the race...*



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