



INDIANA F.O.P. AUXILIARY

2024 WELLNESS TIPS

1. BELIEVE IN FRESH STARTS. MOST PEOPLE EITHER HAVE THIS ATTITUDE OR WOULD LIKE TO HAVE IT. MAKE IT A REALITY FOR YOURSELF BY ADOPTING A FRESH-START MINDSET.
2. SEE YOUR GOALS AS A GROWTH PROCESS: MAKING A LIST OF THE CHANGES YOU WANT TO SEE IN YOUR LIFE IS A GOOD WAY TO START OFF THE NEW YEAR AND KNOWING THAT YOU DON'T HAVE TO DO THEM ALL AT ONCE ALSO HELPS.
3. LET GO OF PAST RESENTMENT: EVEN IF YOU'RE IN THE HABIT OF REGULARLY LETTING GO OF NEGATIVE EMOTIONS, AN ANNUAL PURGE WON'T HURT.
4. PREPARE FOR THE YEAR AHEAD: IT MAY BE A GOOD TIME TO DO SOME FINANCIAL PLANNING, LIKE CREATING A BUDGET OR SAVING FOR RETIREMENT.
5. CHOOSE A HEALTHY LIFESTYLE: IT'S ALL ABOUT BALANCE AND MAKING DECISIONS THAT YOU JUST KNOW ARE GOOD FOR YOU FOR BOTH YOUR MENTAL AND PHYSICAL WELL-BEING.
6. FORGIVE YOURSELF FIRST: YOU MAY NOT SEE IT, BUT YOU'VE PROBABLY BEEN TOO HARD ON YOURSELF THIS PAST YEAR, AND IT WOULD BE A GOOD TO LET YOURSELF OFF THE HOOK. NONE OF US IS PERFECT.
7. APOLOGIZE IF YOU NEED TO: ADMITTING YOU WERE WRONG CAN BE HARD BUT LIVING WITH THE REGRET OR GUILT IS HARDER. IT IS OK TO SAY, "I'M SORRY."
8. BE BETTER TO YOURSELF: MAKE A PROMISE TO BE BETTER TO YOURSELF. THIS DOESN'T MEAN TO BE INDULGENT BUT SIMPLY PROVIDE THE KINDNESS AND GRACE YOU EXTEND TO OTHERS TO YOURSELF.
9. KEEP YOUR COOL: LEVEL HEADS WILL ALWAYS PREVAIL IN TENSE SITUATIONS.
10. MAINTAIN ACCOUNTABILITY: WE ALL MAKE MISTAKES. WHEN THAT HAPPENS, IT'S IMPORTANT TO REMEMBER THAT WE'RE ONLY HUMAN AND THEN HAVE THE COURAGE TO TAKE OWNERSHIP OF OUR ERRORS.

SOURCE: PSYCHOLOGY TODAY

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