

# Wellbeing Tip of the Week

**New Year: Be inspired to change but be kind to yourself!**



The New Year is a great time for self-reflection and being inspired to change. But be kind to yourself! Try not to be so critical of 'last year's you'. There is no need to change your whole self!

Here are some tips for creating some new healthy habits with a focus on your wellbeing.

- Don't feel pressure to achieve everything all at once. You have a whole year to set and work on your goals. Focus on what is most meaningful to you and give yourself a realistic timeline.
- Avoid getting into a negative spiral and overthinking the things you don't like about yourself that you want to change. Instead, think about all the great qualities you already have and try to build on them.
- Practice gratitude! The most powerful way to feel good about ourselves and to change to a positive mindset, is to look for good in the world and to appreciate what we have. Everyday, find a moment to name the good things in your life and everything you're thankful for!
- Take care, be kind to yourself, and take each day as it comes.