

Combine your New Year's Resolution with your Social Wellness!

The start of a new year is the perfect time to turn a new page, which is probably why so many people create New Year's Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically or intellectually. Resolutions are much easier to keep if you work with a friend! This year grab a friend to help you with your resolutions and in exchange you can help them with theirs!

Ideas to combine resolution and social wellness:

- Workout with a buddy/coworker/family member!
- Kick the bad snacking habit and rid the office space of unhealthy snacks (make it a team effort with you coworkers)!
- Increase physical activity at work! Every 55 minutes grab a coworker (or meet coworkers) and walk around campus or in the building for 5 minutes (**note**: this will be part of Resolution Solution 2015 and some people have already starting this by climbing the floors in the HLC).
- Spend more time with family and friends (**work/life balance**)!
- Start a weight loss regiment with a friend and keep each other accountable!
- Enjoy life more and invite friends to enjoy it with you!
- Learn something new. Sign up for a class and invite a friend to take the class also!

Social Wellness refers to your relationships with others. It encompasses the idea of having positive interactions with others since we are all social beings. It involves developing and building close bonds of friendship and intimacy, practicing empathy and effective listening, as well as caring for others and for the common good.

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“I’ll be home late tonight. My boss is taking everyone out for motivation tape karaoke.”