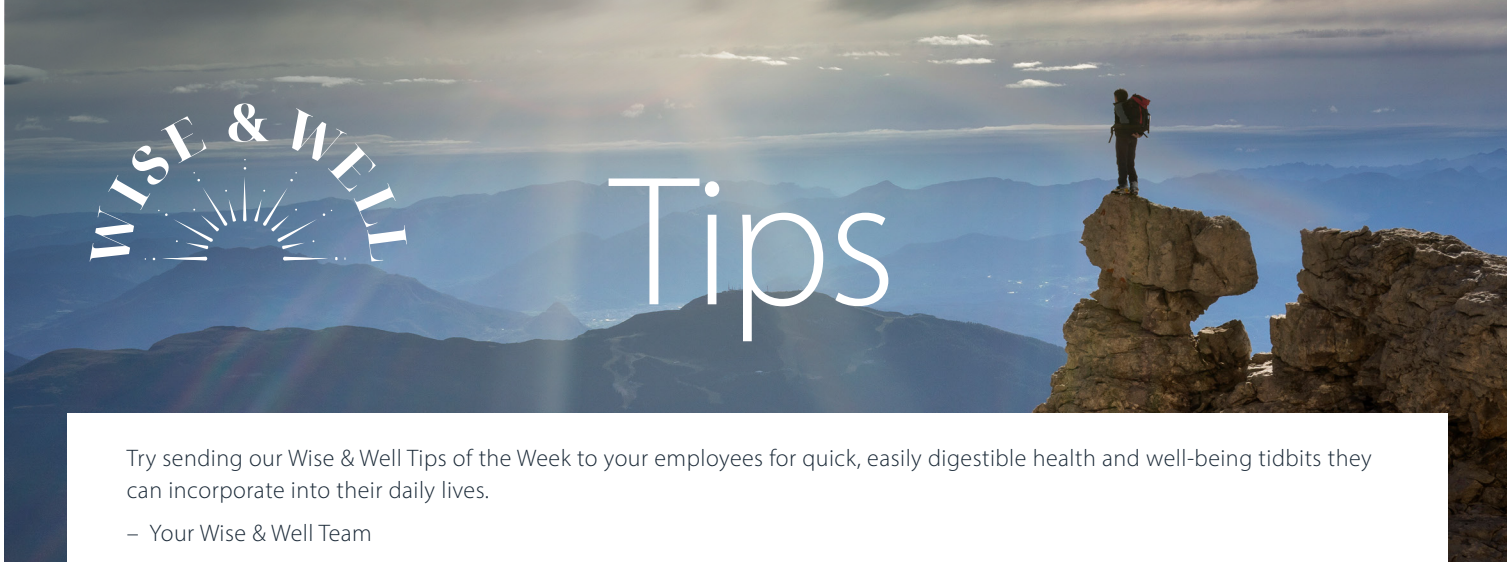

Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

Even though January typically comes with significant New Year's resolutions, there are always smaller opportunities to make some positive changes. Consider a few of these to feel instantly successful:

January 5

Take a Look at Your Physical Environment

This week, take stock of your space. Are there papers and receipts you need to file or throw away? Are your magazines or catalogs piling up? Take just 10 minutes a day for the next five days to work on straightening up your paperwork. You'll be amazed at what you can accomplish in such a short time.

January 12

Buy a Plant

Throughout the week, look for opportunities to fill your living or work space with plants. Not only will you be creating better air quality for your home or office, but nurturing a plant can help you emotionally as well. While you're at it, buy a nice pot to plant it in, and place your new plant somewhere where it will give you joy.

January 19

Spend Time with a Friend

This is especially true for people who spent more time with family than friends over the holidays. Seek out a best friend this week and set a time for lunch, a movie, a walk in the park, or anything else that comes to mind. It doesn't matter what you do together, as long as you spend time with each other. Not only will you get a sense of companionship and camaraderie, but you'll be going a long way towards stress relief.

January 26

Take a Television Break

This week, try reading a book, working on a craft project or playing a game. Write a story. Take a walk. Involve your family and friends to come up with creative and fun things you can do for this no-TV.

Source: **passionforbusiness.com**

NFP