



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

January 2018



[Thyroid Awareness Month](#)

[Cervical Health
Awareness Month](#)

[National Blood Donor Month](#)

[National Glaucoma
Awareness Month](#)

[Mental Wellness Month](#)

[National Plan for Vacation Day
January 30, 2018](#)

New Year's Resolutions? Choose Wisely

While approximately half of all Americans make New Year's resolutions, very few – only about 8% – actually achieve them. What's the secret for the 8% who meet their goals? Psychologists suggest we can achieve better success with our personal goals by reflecting on how we change our habits or create new ones. Achieving our goals isn't about having enough willpower; it's about developing the habits and strategies that will lead to success. Try these tips for choosing and sticking with your 2018 resolutions:



Most Popular New Year's Resolutions

Self improvement or education-related resolutions	44.3%
Weight-related resolutions	32.4%
Money-related resolutions	42.1%
Relationship-related resolutions	22.8%

- 1. Ask yourself if your resolutions reflect the person you want to be?** Give some thought to what you want to be doing in five years and work backward. Focus on the WHY behind your goals. The better your resolutions align with your values and long-term goals, the greater your chance of success.
- 2. What did you accomplish last year?** What 2017 actions or achievements are you most proud of? Reflecting on what you're capable of and how you got there can set the tone for ongoing success.
- 3. Are you extrinsically motivated or intrinsically motivated?** If you are extrinsically motivated, you may feel rewarded by meeting your friends at the gym to work out. If you're intrinsically motivated, you may just love the way you feel after you work out, regardless of whether you exercised alone or with others. Understanding your motivation can help you create the optimal structure for achieving your goals.
- 4. Focus on actions more than results.** If you're trying to create a new habit, you'll need to focus on the specific steps that will get you to your goal. If your New Year's resolution is to manage your money better, schedule time each week to track and review your spending; treat that time like an appointment and don't schedule over it.
- 5. Be realistic.** While it's tempting to set lofty goals for the new year, those are often the first to fall by the wayside. Be realistic about what you can accomplish given your current commitments and resources. Look for things you can **stop** doing to free up your time and energy for new things.
- 6. Look for ways to hold yourself accountable.** Enlist a friend, family member or colleague to help you create regular progress check-ins. Double the benefit by spending a portion of your time together catching up.
- 7. Stop "all or nothing" thinking.** Don't have time for a one-hour class at the gym? Take a 20-minute walk instead. It's better to do *something* than to abandon your commitment entirely.

Source: Statistic Brain

Work & Well-being

a monthly publication for
clients of The Solutions Group

EAP: 505.254.3555 | 866.254.3555

Wellness: 505.923.5429

1240 Pennsylvania NE

Albuquerque, NM 87119

www.solutionsbiz.com

Health Fact

30 Days: To make a habit automatic, **stick to it** for 30-40 days. Once you've made it through the initial phase, your habit will become much easier to **sustain**.

Know the Signs: **Thyroid Disease**

An estimated 20 million Americans have some form of thyroid disorder and many are undiagnosed. Women over age 35 are eight times more likely than men to have a thyroid problem. Your thyroid, a small, butterfly-shaped gland in the neck, regulates many bodily functions that can affect quality of life. Talk with your doctor if you experience the following symptoms.

- Exhaustion or an inability to sleep
- Feeling unusually depressed or sad
- Dry skin
- Heart flutters or palpitations
- Unpredictable bowels
- High blood pressure
- Unexplained pain in your extremities or muscles
- Feeling cold
- Hoarseness or a funny feeling in your neck
- Weight gain
- Thinning hair or hair loss
- Trouble getting pregnant
- Feeling jittery and anxious
- Increased appetite
- Brain fog



Food Focus: **Coconut Oil**

The recent popularity of coconut oil is hard to overlook. From shampoo to coffee to fried foods and sweets, this saturated fat has been touted for everything from slowing the progression of Alzheimer's disease to supporting weight loss. What's the science behind it? Coconut oil has an unusually high amount of medium-chain triglycerides (MCTs), which are harder for the body to convert into stored fat and easier to burn off than long-chain triglycerides (LCTs). Many of the following health benefits associated with coconut oil are due to the high MCT content.

- Increasing HDL ("good") cholesterol
- Controlling blood sugar
- Anti-stress and antioxidant properties that could potentially make it useful as an antidepressant
- Shiny hair
- Healthy skin
- Preventing liver disease
- Reducing asthma symptoms
- Weight loss

While increasing consumption of saturated fats is not recommended, coconut oil can be a tasty addition to many recipes when used in moderation. The American Heart Association currently recommends limiting saturated fats – including those from tropical oils – to no more than 5-6% of total calories.

Source: Medical News Today

2017

HEALTH AND WELLNESS

SPEAKER SERIES



Speaker Series 2017 Recap: **Self-Care is Not Selfish**

Check out The Solutions Group Events page at www.solutionsbiz.com for the full series of recorded presentations focused on self-care. Details about 2018 events coming soon!

"Navigating Change: How a Growth Mindset Enables Possibility"

Mark Bennett

Leadership Coach and Trainer

"Mindfulness Based Stress Reduction"

Michelle DuVal

Director, The Mindful Center

"Where Science and Spirituality Meet"

Lara Patriquin, MD

Meditation Instructor and Radiologist

"The Well Woman Life Cycle"

Giovanna Rossi

President and CEO,
Collective Action Strategies, LLC

"Taking Care of Yourself and Your Wallet"

Clarissa Krinsky MD, CFP

Owner, ClariFinancial

Lauri Michael, director of brand management and a Presbyterian Wellness Ambassador, shares her search for a fulfilling, balanced life with purpose in this month's blog: "How Rescue Horses Rescued Me." For more information, visit solutionsbiz.com.

Words on
Wellness