MERCER MARSH BENEFICIOS™

How to Set Healthy New Year Goals

IF THERE´S ONE THING THAT THE YEAR 2020 TAUGHT US, IT´S THAT PREVENTION IS ALWAYS THE BEST OPTION TO LEAD A HEALTHY LIFE.

goals

Moreover, there is still no reason to believe that, in the year to come, things will be different.

So, when you think of your New Year's resolutions, consider goals that are oriented toward maintaining both your physical and your mental health. That way, you can make 2021 a more balanced year.

Have a look at some tips from the World Health Organization and the Brazilian Psychiatric Association:

1 Exercise regularly: 30 to 60 minutes a day.

2 Include muscle-building exercises in your routine: at least twice a week.

3 Cut off addictions: smoking kills over 400,000 people a year.

4 Stay well informed: avoid becoming overly concerned or spreading sensationalist news.

5 Organize your time: home office is here to stay, so we must adapt.

6 Maintain a hopeful outlook on life: seek help if you feel depressed.

7 Cherish you coexisting experience: good relationships help you live longer.

8 Try to keep normal: stick to your schedules for sleeping, meals and social interactions.

9 Make time for the spiritual side: keeping silent, reading, meditating, and praying are all good options

10 Find activities you find pleasurable: like watching movies, playing with the children or the pets, etc.

Did you know?
66 days.

This is the amount of time it takes to change a habit, according to a study published by the European Journal of Social Psychology. That is, the more we put healthy goals into practice, in sequence, the easier it´ll be to turn them into habits.

And remember, all these tips help overcome difficulties. But you are not, nor will you be, alone, in 2021. Together we are stronger, as 2020 taught us!

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