charlie health

Date: _____

New Year's Resolutions

We polled several Charlie Health therapists for their best New Year's resolutions. Instead of setting impossible resolutions that won't stick, consider these seven tips for making the most out of the year to come.

① Incorporate affirmations into your routine

Instead of focusing on things about yourself that you want to change, resolve to affirm things that you appreciate.

② Look for silver linings (or glimmers, if you will)

Glimmers are small moments that make you feel good and help your nervous system feel safe.

③ Practice being present

Whether it's a quick body scan or active listening, being present can improve overall mental health.

④ Take care of your physical needs

This could look like going on a walk around the block, eating enough throughout the day, or remembering to shower.

⑤ Rest more

Experts ideally recommend adults sleep seven to nine hours per night, with teens needing as much as 10 hours daily.

⑥ Be kind to yourself

Research shows that people who are able to cultivate more self-compassion have higher levels of well-being.

⑦ Don't be afraid to ask for help

If you're struggling with your mental health or just could use some additional support, don't hesitate to reach out for help.

With these examples, what meaningful resolutions will you set for yourself to enhance your well-being in the coming year?