

## New Year's Resolutions

Kaylin Kwan, Macy 4-H Club, County Youth Healthy Living Chair

Coming up with New Year's Resolutions can be a difficult task if one feels that they'll never be able to reach their goals. Some even begin to feel the anxiety of not keeping resolutions by February or March. Many people enter the year hoping to make good changes and to be a better person than the previous year, but it's important to understand that the New Year is a time for reflection and character changes don't happen overnight. Making realistic resolutions and setting small, attainable goals throughout the year makes the chance of reaching goals that much greater. The extent of change does not matter as much as the act of recognizing that improvement is important and taking the steps to work on it.

The best way to begin resolutions is to start off small. Making practical resolutions that is manageable to keep and breaking a long-term goal into short-term goals can be more beneficial and rewarding. After coming up with the goals, change one behavior at a time. Unhealthy habits develop over time. Similarly, replacing the old habits with healthy ones require time.

Talking about experiences towards reaching New Year's goals can help in the long run. Having someone to share struggles and successes with makes the journey to a better lifestyle easier and less intimidating. Accepting help from those who care helps strengthen resilience and increases ability to manage stressed caused by resolutions. The most important thing in keeping resolutions is to not get hung over minor missteps. Mistakes are normal and everyone has ups and downs, but make sure to always get back on track.