



# New Year WELLNESS

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January 2024



As we celebrate the new year, we share tips for setting healthy and attainable goals for different aspects of life.



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Set healthy goals

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Many people feel a boost of motivation in the new year and view it as an opportunity for a fresh start. While this is a positive outlook, it can lead to setting unattainable unhealthy goals, causing stress and disappointment as the year continues.

So how can you set achievable positive goals? Change the way you approach your goals:

**Make meaningful, value-driven resolutions:** What matters to you most in life? In what ways can your attempts at self-improvement help serve those values?

**Get very specific with how you will work toward your goals:** Usually, resolutions are abstract and don't offer a guide on how to achieve those resolutions. After you set your benchmark goal, plan how you'll

do it by asking yourself: "When will I volunteer, where will I volunteer, how will I get there, and how many hours a week will I dedicate?" Research suggests that when people are intentional with how to implement a change, they're more likely to achieve their goals.

**Break your resolution down into mini-goals:** A recent paper co-authored by Milkman a professor at the Wharton School of the University of Pennsylvania who studies the fresh start effect, showed that when faced with a big commitment of agreeing to volunteer for 200 hours a year, people not only stuck to their goal but dedicated more hours to volunteering when the goal was broken down into four hours per week as opposed to hours per year.

**Make your mini-goals fun and rewarding:** Sometimes reaching our goals feels uncomfortable and unpleasant. "When these moments rear their heads, people are unlikely to persist with the change," Milkman says. "However, making these tasks or sensations more enjoyable and rewarding helps you stick with it. By combining a temptation with a chore, that chore becomes something that's associated with pleasure and you start looking forward to it instead of dreading it."

**Be prepared when you want to mess up or quit:** When mapping out how many days a week or month you'd like to dedicate to a new hobby, for example, incorporate "get out of jail free" days, too. Research shows people are more likely to persist with their goals with these "emergency reserve" days integrated into their schedules because built-in forgiveness is inherently more attainable.

Sourced from: [vox.com](https://www.vox.com)



### CHICKPEA AND WINTER VEGETABLE STEW

Recipe and photo from [cooking.nytimes.com](https://cooking.nytimes.com)

Try this hearty stew to warm your bones during the chilly winter months.

#### NUTRITION FACTS (8 SERVINGS):

269 calories; 3 grams fat; 0 grams saturated fat; 0 grams trans fat; 1 gram monounsaturated fat; 1 gram polyunsaturated fat; 52 grams carbohydrates; 8 grams dietary fiber; 9 grams sugars; 10 grams protein; 436 milligrams sodium

#### INSTRUCTIONS:

1. Heat oil in a large saucepan over medium-high heat. Add onion and leek; sauté 5 minutes. Add coriander and next 4 ingredients (through garlic); cook 1 minute, stirring constantly. Add 3 cups vegetable stock and the next 8 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in parsley and honey.
2. Remove 2/3 cup hot cooking liquid from squash mixture. Place cooking liquid and remaining 2/3 cup stock in a medium bowl. Stir in couscous. Cover and let stand 5 minutes. Fluff with a fork. Serve with lemon wedges.

#### INGREDIENTS (8 SERVINGS):

- 2 teaspoons extra-virgin olive oil
- 1 cup chopped onion
- 1 cup cleaned and trimmed leek, cut into ½-inch slices
- 1/2 teaspoon ground coriander
- 1/2 teaspoon caraway seeds, crushed
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- 1 clove garlic, minced
- 3 2/3 cups vegetable stock, divided
- 2 cups peeled butternut squash, cut into 1-inch cubes
- 1 cup carrot, cut into 1/2-inch slices
- 3/4 cup Yukon gold potato, peeled and cut into 1-inch cubes
- 1 tablespoon harissa (North African hot sauce, available in specialty stores)
- 1 1/2 teaspoons tomato paste
- 3/4 teaspoon salt
- 1 pound turnips (about 2 medium), peeled and each cut into 8 wedges
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
- 1/4 cup chopped fresh flat-leaf parsley
- 1 1/2 teaspoons honey
- 1 1/3 cups uncooked couscous
- 8 lemon wedges



If implementing more exercise is a part of your New Year's resolution, enlisting an accountability partner can be a fun way to help you achieve your goal. Incorporating a social component not only makes your tasks more enjoyable, but having an accountability partner helps both of you achieve your goals.

"When we advise others who are working toward similar goals, that improves our own performance," Milkman says. Having an accountability partner allows you both to check in with one another and ultimately meet your goals by offering support, motivation, and inspiration.

Sourced from [vox.com](https://www.vox.com)





## WorkWELL

### Returning to work

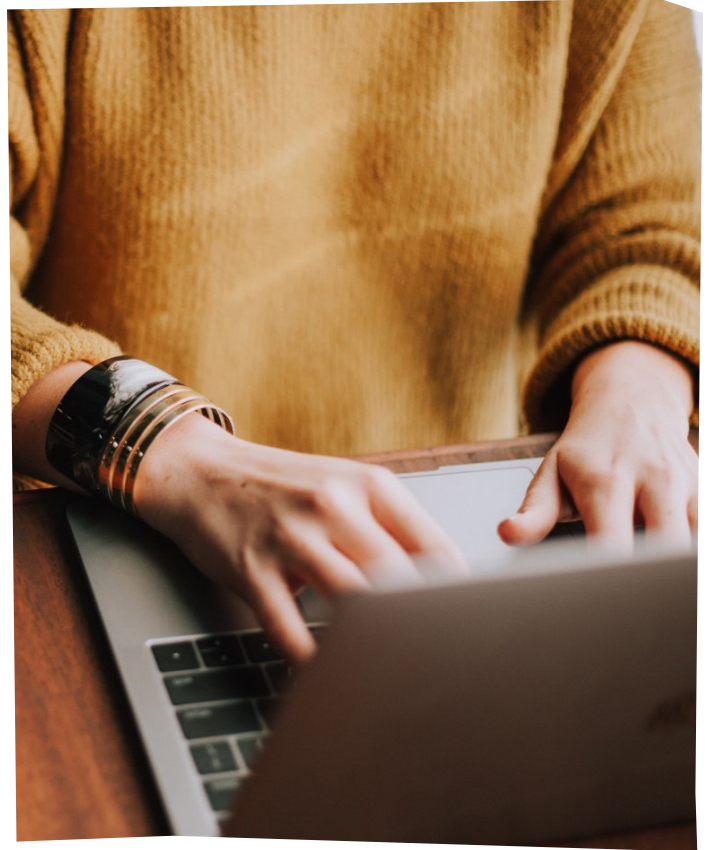
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Getting back into the work groove after the holiday season can feel challenging and will require a higher level of effort to revert to office spaces. Below are some tips for surviving your first day back at the office.

1. **Be mindful of your thoughts:** Returning to work on time after a lengthy vacation requires that you are mentally prepared. Wake up in a positive, upbeat mood by listening to Podcasts or music.
2. **Get re-situated in your workspace:** It is important to use the first hour of your return to embrace being back at work and the space you occupy. Tidy up your office, make a cup of your favorite coffee, or engage in a brief exchange with a co-worker.
3. **Utilize your planner/calendar systems:** Use the morning to make a list of tasks in order of importance and meetings by time. Keep this list visible and refer to it as needed. It is vital to keep your mind on track and stay focused on your work.
4. **Check emails:** Start by skimming subject lines and begin with those that are most easily answered. If you start with the major emails or those requiring more than your feedback, you will become frustrated with the process, decreasing your mood.
5. **Take your lunch break:** Studies have shown that taking a proper lunch break can actually boost productivity and creativity! It gives our brains a chance to rest and recharge, allowing us to return to our tasks with renewed focus and energy. Eating a balanced meal can improve our mood and reduce stress levels. It's not just about satisfying hunger, but also about giving our bodies the fuel and nourishment they need to function at their best.

Sourced from [Harvard Business Review](#)



## WELL Community

### Volunteer in the community

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Volunteers are of critical importance year-round to nonprofits as demand for nonprofit services continues to increase, paid staff shortages persist, and donor support is dropping. "Volunteerism had been declining for years before COVID-19, and the pandemic sent many charities' volunteer programs into disarray," Ben Gose wrote in September ("Why and How Charities Should Revive a Declining but Vital Resource ... Volunteers," *The Chronicle of Philanthropy*).

Nonprofits continue to identify finding volunteers – and avoiding burnout of current volunteers – as an ongoing challenge. Make volunteering a goal for the year and help local nonprofits meet demand. Check out [volunteermatch.org](https://volunteermatch.org) for local Arizona nonprofits that are making a difference in the community and are looking for volunteers.

Source: [councilofnonprofits.org](https://councilofnonprofits.org)



[www.WellnessAtoZ.org](https://www.WellnessAtoZ.org)  
**Greater Phoenix Chamber Foundation**  
2575 E. Camelback Road, Suite 410 Phoenix, AZ 85016