

The Word on Wellness

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10 New Year's Resolution Ideas And How To Achieve Each Of Them



Stop procrastinating: Once you get used to procrastinating it's difficult to snap yourself out of it, so you'll need to put in a lot of work to change this habit. Attempt asking for help and shifting how you approach things. Today we can use anything from apps to meditation techniques to boost concentration and hone our mental skills.

Meet new people: Meeting new people can be beneficial to your mental well-being. Overcome your shyness, get some knowledge and go and get to know new and interesting people.

Become more active: All you need is to find ways of moving around more throughout the day instead of staying hunched over the computer. It's even more fun if you share your activity with friends and family.

Become more confident and take some chances: A good dose of self-confidence will help you lead a much happier life overall. Don't hesitate to get some input on ways to boost your confidence.

Learn to be happier with your life: It takes time and patience to learn how to find joy in the little things and not to let problems bring you down.

Get more quality sleep: With TV's, computers, smartphones, tablets and all sorts of gadgets with glowing lights and beeping alerts, it can be hard to get enough sleep at night. You should be gunning for at least 8 hours of sleep a night.

Learn a new language: Not only will learning a new language help improve your communication skills, it will also look great on your resume and possibly open up some doors for you.

Volunteer and give more to charity: To devote your time and energy to helping those in need is a noble gesture and a reward in itself, but it is also an opportunity to meet new people, learn new skills and boost your resume.

Learn more about art, music, culture etc.: The best way to fit in when talking to a variety of people from different backgrounds is to have a well-rounded education.

Spend less time on social media: It's fine to stay in touch with friends and family, but if you consistently spend more than an hour every day on social media, it's time to make a change.

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