

EXPECT THE BEST,
NOT THE WORST!

Get into the groove

Make a difference to your life with these four small goals that yield big results.



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RESEARCH CONDUCTED BY the British newspaper *The Guardian* show that 78 per cent of us fail to keep our New Year resolutions. We fail because we tend to focus on the negatives of not achieving the goals or we set ourselves unrealistic ones.

People who are able to keep their resolutions break their goal into smaller steps and reward themselves when they achieve each one.

So here are four small habits you can start with!



EAT WELL

To manage weight, the Health Promotion Board recommends incorporating a sufficient amount of whole grains, fruit and vegetables into your diet every day. It also recommends drinking alcohol in moderation and choosing food prepared with less fat, salt or sugar.

You can start with one healthy choice at a time. Make it a habit to head for the fruit stall instead of the dessert counter after lunch. Opt for brown rice twice a week and slowly increase the frequency from there. When ordering tea, get into the habit of ordering it with less sugar.



GET MOVING

Exercise will help you manage your weight; keep your heart, lungs and bones healthy; and release endorphins (the “feel good hormone”) into your brain. Regular physical activity will also reduce the risk of heart disease, high blood pressure, diabetes, stroke, osteoporosis and some cancers.

You can start with just 30 minutes a day. Break the 30 minutes down into three 10-minute periods of activity. Daily routines you can incorporate into your lifestyle can include getting down from the bus a couple of stops before your destination and walking the rest of the way, taking a quick stroll after dinner or hopping on the stationary bike for a quick spin while you watch TV.



THINK POSITIVE

According to research cited by the renowned Mayo Clinic in the United States, positive thinking not only helps with stress management but also improves health.

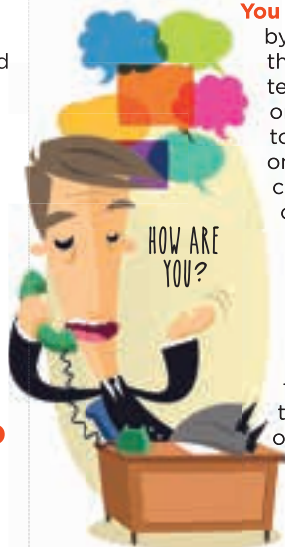
You can start with positive self-talk, the stream of unspoken thoughts that runs through your head at all times. Be more aware of your thoughts and focus on the positive. Expect the best, not the worst!



STAY CONNECTED

In 2012, an Australian palliative nurse, Bronnie Ware, released a book entitled *The Top Five*

Regrets Of The Dying. It was based on her observations caring for patients in the last 12 weeks of their lives and recorded their most common regrets. Three of the top five regrets were from people who wished they’d spent more time with family, that they’d had the courage to express their feelings, and that they had stayed in touch with old friends.



You can start

by picking up the phone. A text message or phone call to a loved one during a coffee break or lunchtime will take just a few minutes. Send an important message — that you are thinking of them. ♥