



Health Beat



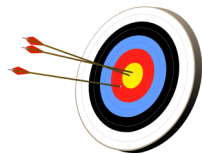
Steps to Success in 2024

With the new year comes new year's resolutions. Our resolutions reflect goals that we want to achieve to become better versions of ourselves.

Sometimes we have success with our goals, often times we get off track and become frustrated before we achieve our goals.

So, how can we succeed in achieving our goals in 2024? Here are some tips to help.

GOAL SETTING



1. Start small.

Sometimes we set goals that are too high or take too long to achieve. Set smaller, more realistic goals. For example, instead of saying "I will lose 50 pounds by the end of the year" say "I will lose 5

pounds this month." Smaller goals that allow you to experience success more often will help keep you motivated and on track. If you lose 5 pounds each month, then you will lose 60 pounds by the end of the year! And 5 pounds seems much more attainable than 50!

2. Anticipate failure.

It is not unusual to falter in our behaviors when trying to achieve a goal. The trick is to expect failure from time to time, but not dwell on it. If you mess up on your diet or miss a workout, don't beat yourself up over it. Consider what caused you to get off track, re-adjust, and start again the next day.

Look at each day as a new opportunity for success.

3. Partner with a friend.

When we share our goals with others, we are more likely to achieve them. Talk to a trusted friend about the goals you are working to accomplish in the new year and set times to 'check in' with them to dis-

cuss your progress. Working together increases accountability, which in turn can lead to greater success!



4. Reward yourself

Recognize positive behaviors that contribute

to your goal. When you consistently do the things you set out to do or when you achieve a goal, reward yourself. This will keep you motivated to stay on track.

5. Be Specific

When setting a goal, state it in specific terms. Instead of saying "I will exercise more" say "I will walk for 20 minutes each day, 5 days a week." Specific goals add direction and make it easier to measure your success.

Use these tips to help you meet your goals in 2024. We know you will succeed!

Happy New Year!

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Did you Know?

The top New Year's Resolutions in the US for 2024 are to:

1. Save Money
2. Exercise more
3. Eat healthier
4. Spend more time with family and friends
5. Lose Weight

Religiosity reduces suicide rates, alcoholism, and drug use.

The National Alliance on Mental Illness (NAMI) recognizes faith, spirituality, and religion as positive factors to promote mental health and well-being.



Growing in faith to improve your health

Faith, religion and spirituality have been related to improved health and wellbeing. Persons who report higher levels of spirituality or religiosity have decreased suicide rates, alcoholism and drug use. Furthermore, these

individuals often report having a greater sense of purpose in life, more community connections, and are better able to cope with difficult life situations.

As you enter into this new year, consider additional ways that you might grow your faith.

There are many ways to do this, including joining a Bible study group, increasing your prayer time each day, downloading and using a spiritual app, such as HALLOW, or attending Mass more often.

Make 2024 a year of spiritual growth.

IC Parish Nurses and St. James Health Ministry

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Updates and Happenings

IC Parish Nurses and St. James Health Ministry

We are excited to begin a new year full of new possibilities!

We plan to continue many of our programs that you have come to know and love, such as our bereavement group, walking group, health fair, Bonnie's Bus, and Skin Screening.

In addition to these great offerings, we hope to add several new events in the coming year. In January, we are hosting a program on cyber-safety. In February, we hope to host a blood drive. Our goal is to have a program each month that can improve the health and well-being of the community! Keep an eye out for what's coming up.

If you have an idea for a health offering or if there is something that you would like to see us host, please reach out to one of our Parish Nurse members!

We meet on the second Monday of each month at 6pm in the IC Parish Center. New members are always welcome!



Family Focus: Building a Strong Family

We recently celebrated the Feast of the Holy Family. On this day, we were reminded how important it is to build a family centered on faith and togetherness. Family relationships play a key role in shaping one's well-being throughout their life. Building these relationships take time and effort.

This January, take the Faith-Filled Family Challenge. See how many of the 'challenges' your family can meet.



- ☒ Have a family dinner at least once each week
- ☒ Leave faith-based inspirational notes for each-other (lunchboxes, by the coffee-pot, etc.)
- ☒ Have a family game night, craft night, or other activity each week
- ☒ Laugh together
- ☒ Share your favorite stories about family
- ☒ Read the Bible and/or pray together
- ☒ Share something that you are grateful for each day

