

10 New Year Resolutions that Have Nothing to do With Weight Loss or Dieting

Instead of traditional New Year Resolutions, these are positive commitments to self-care and wellness that Esperanza Eating Disorders Center embraces and encourages our patients to incorporate into their lives.

We want to share them with you.

- 1.) **Read More:** One way is to use the app Goodreads to set a yearly reading routine for yourself.
- 2.) **Have Better Self-Care:** Self-Care is an action around physical, emotional, relational, professional, education and/or spiritual well-being. Do something small each day, even if it is just resting or meditating.
- 3.) **Embrace Enjoyable Movement:** Your body likes to move! Move your body in a way that brings you joy.
- 4.) **Have Better Sleep Hygiene:** Sleep Hygiene is preparing for consistency in quality and quantity of sleep patterns. More restful sleep will help your mood, energy level and overall health.
- 5.) **Practice Daily Gratitude:** As you go to bed at night or first thing in the morning, write in a gratitude journal - identify and describe one thing you are thankful for.
- 6.) **Connect with Others:** Commit to calling a friend, answering texts, or writing a note to someone.
- 7.) **Volunteer:** When you have time, give back to something or someone outside of yourself.
- 8.) **Use Your Voice:** Practice speaking up for yourself, being authentic, establishing and maintaining healthy boundaries.
- 9.) **Learn a New Skill:** Engage in learning something new - perhaps something artistic or playing a new instrument or how to cook something special. YouTube is a great place for tutorials on all things.
- 10.) **Let Go of Judgements:** Focus on redirecting your negative or critical judgements of yourself and others. Practice not living in fear of the judgement of others. Also, be conscious of how you talk to yourself, and strive to increase your self-compassion statements.

Wishing you a safe and meaningful 2021!

With Shared Hope,

The Esperanza Team

