

HAPPY NEW YOU! Tools for Challenging Times

2020 gave all of us challenging times. We felt stress and anxiety while we tried to seek out new ways to be physically fit and emotionally well. Did you find the tools that you needed to cope, adjust, change? As you write your New Year's Resolutions for 2021, here are some *Tools for Emotional Wellness*. We added some links to other resources for healthy living to help with your Resolutions. Step boldly into 2021 (even with small steps) and create a healthier you!

6 Tools or Strategies for Wellness:

Tool #1: Brighten Your Outlook –

*Remember good deeds (yours AND others!)

*Forgive Yourself

*Make healthy choices. Healthy (affordable) foods:

<https://spendsmart.extension.iastate.edu/>

Tool #2: Get Quality Sleep

Sleep HELPS: Energy Balance, Reasoning, Problem-Solving, Attention to Details

Tool #3: Cope with Loss

Be Patient with Yourself – Take care of yourself.

Be Patient with Others – They are experiencing losses, too.

<https://www.ksre.k-state.edu/news/stories/2020/12/resilient-families-and-child-development.html>

Tool #4: Cope with Stress

Build Personal Resilience – Self-Care

Build Family Resilience -- Family Stress: A Formula for Management

Tool #5: Strong Social Connections with Family and Friends

Keep It Fun AND Learn: Bond with Board Games that include the whole family!

Keep It Tasty: Bake and share. Tips to include the kids: www.homebaking.org

Keep It Active: Put on your stocking cap and gloves. Go for a brisk walk with family.

Keep Yourself Strong: If you are a family caregiver, take care of yourself.

Register for this virtual course: **Powerful Tools for Caregivers** at: <https://bit.ly/tools4care>

Tool #6: Mindfulness Matters!

Is your "Mind Full" of what needs to be done -- how much and how fast you can do it?

Instead, Choose Mindful." Focus on Now.

Simplicity – Non-Judging, Patience, Beginner's Mind, Trust, Non-Striving, Accept, Let Go

Commitment – "See things as they are at the present moment. Believe in your ability to see things in a new way."

Practice! -- Imagery, Relaxation, Breathing, Physical Activity...More on **Everyday Mindfulness:**

<https://bookstore.ksre.ksu.edu/pubs/MF3424.pdf>



Begin with little, regular steps that will add up and create a more mindful, healthy life.

As you write down your 2021 Resolutions, use these Tools.

Be Specific. Be Simple. Be Sensible. Be Clear about Why. Believe You Can Do It!

Check this link: <https://www.nih.gov/health-information/emotional-wellness-toolkit>

Remember to check our KSRE Butler County Extension Facebook for more resources during your 2021 journey.