



January -February 2018

Berkshire Health Group

Wellness Connection

Why we make and (break) our New Year's Resolution-and how to stick to them!

As we embark into a New Year, many people start to talk about their New Year's Resolutions. The idea of a new beginning, or a fresh start, feels exciting—the perfect opportunity to move forward a big change in our lives. But as many of us are all too familiar with, we can often end up failing due to unrealistic promises that are just too overwhelming to keep up with. And failing on a resolution in the first couple weeks of the year can be enough to completely diminish our drive to keep taking steps to make positive change in our lives.

Why will this year be any different?

In order for this year to be different, it's important to really break down *why* and *how* you are going to reach your goals. To give yourself the best start for 2018, follow these steps to goal setting success in 2018.



Evaluate your Mindset.

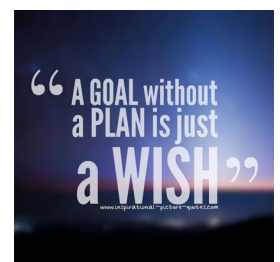
Your mindset is an extremely powerful tool that can strongly determine how your entire year unfolds. Rather than thinking you can't do something or punishing yourself mentally for not staying true to your commitments, try to rephrase how you talk to yourself. For example, instead of saying "I can't do this", try turning it around and saying "how will I be able to do this" or "how can I set myself up for success?" Self-acceptance, rather than self-judgment, is a much greater tool for success.

Also, determine your why or your purpose for accomplishing these goals? Why are these goals important to you?

In what way will they be fulfilling on your path to improved health and happiness?

Set SMART Goals. (Specific, Measurable, Action-Oriented, Realistic, and Time-based). Sure you could make a long list of incredible ideas like running a marathon, losing 50 pounds or writing the next bestselling novel! But ask yourself how realistic those goals really are. Big changes take a serious life commitment, which can be a little daunting. Don't project a goal on yourself that you aren't likely to meet – that is the best way to defeat yourself before you begin.

By creating **SMART** goals, you can feel a sense of pride and accomplishment with each objective that you meet. Check out the next page on how to create your own **SMART** goals.



INSIDE...

1. Set SMART Goals & Additional Tips on Achieving Success
2. Tips for Staying Fit in the Winter
3. Chicken Soup Recipe

SMART Goals

The SMART goal-setting system is an easy and helpful way to meet your goals, no matter what they may be. Work through your own goal by following the steps below:



Initial Goal:

Specific

WHAT do you ultimately want to accomplish? WHY is it important to you now? HOW will you do it?

Measurable

If you can't measure it, you can't manage it! Build in baby steps! How will you measure progress and success? List at least two indicators.

Action-Oriented

WHAT actions are you going to do? What specific steps can you take to achieve your goal? Think in terms of behaviors and use action words!

Realistic

Realistic means do-able, not easy. Is it possible? Do you have the skills, knowledge and resources necessary to accomplish the goal? Don't make your goal so unrealistic that you lose motivation & lose track of your progress

Time-Based

Set a timeframe for your goal. Putting an end point onto your goal gives you a clear target to aim for. Time must be measurable, attainable & realistic!

Sample SMART Goal: I will drink 64 oz. of water per day by January 31, 2016.

Revised Goal:

Remember, success is rarely a linear process. As we work toward meeting our goals, we're bound to have distractions and setbacks. Try not to get discouraged! Set-backs are great learning opportunities. Use the plan below to help you think through your goal.

Create Your Action Plan

Now that you have a SMART goal, you can think ahead to possible barriers you might encounter and what strategies you might try to overcome them. You can then use those strategies when barriers begin to come up. Set target dates for each small step and remember to reward yourself when you accomplish each step. Lastly, you may find it helpful to enlist the aid of a trusted friend, mentor, coach or counselor to assist you along your path. Commit to your goal by signing it yourself and having a witness to support you.

Barriers:

1. _____

2. _____

3. _____

Strategies:

1. _____

2. _____

3. _____

Small Steps & Positive Reinforcements

First week new behavior	Target date	Reward
Second week new behavior	Target date	Reward
Third week new behavior	Target date	Reward

I intend to make the behavior change described above. I will use the strategies and rewards to achieve the goals that will contribute to a healthy behavior change.

Signed: _____ Witness: _____

More Tips on Setting Achievable New Year's Resolutions

Prioritize YOU: Your health is the most important thing for all those you love, so put it first. If you're not healthy, how can you give your best self to everyone else?

Choose something that really interests you. Avoid choosing cliché New Year's goals. Consider what it is YOU really want to accomplish in 2018, not what you think you should do.

Compare your 2018 resolution to previous years' resolutions. Use resolutions you set in the past as opportunities to learn from your successes or work through your failures. Consider what you did well, what you could do better, and what you'd like to change moving forward.

Be flexible. Sometimes life can get in the way when trying to meet your goals. If you find yourself off course, re-adjust your goals to make them more attainable during hectic times.

Keep your goals somewhere visible. Write down your goals and stick them at your desk, next to your mirror, or by your bed. This will continually remind you and reinforce why these goals are so important.

Share your goals. Sharing your goals with others can help you stay on track through increased accountability and support.

Reward yourself. Each time you meet a goal or milestone, consider rewarding yourself. This can help you maintain your new, healthy behaviors.

Stay positive. Don't let setbacks keep you from accomplishing your goals. Use them as learning experiences to empower you!



"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

Eleanor Brownn

Tips on How to Stay Fit in the Winter



Exercise at Home. Here are 4 videos that you can do right at home that will provide a full body workout without having to go outside.

1. **Strength Training For Beginners:** [click here](#)
2. **Total Body Resistance Band Routine:** [click here](#)
3. **Low Impact Cardio Workout:** [click here](#)
4. **5 Minute Mobility & Stretch Routine:** [click here](#)

Go To A Gym. Though going to the gym might prove extra difficult in those cold, January days, it's still worth the effort. Pack your bag with a pair of sport sneakers, an old t-shirt and you're ready to get your blood pumping. If you're not a lifting-weights enthusiast, join a class, as gyms tend to offer a ton of fun exercise sessions.

Play. Go out and play, just like when you were little. Take your dog or children to your favorite park or playground. Build a snowman, or find those old sleds. Start a snowball fight with your kids and their friends, or just dance in your living-room.

Buddy Up. Committing to meet a friend at the swimming pool, class, or in the gym will mean you are more likely to stick to your plans.

Exercise in the morning. Whatever you choose to do, make it part of your morning routine, if possible. Tempting though it is to stay in bed a few minutes longer, you'll feel more energized throughout the day and you will definitely have earned the right to curl up on the sofa in the evening.

Chicken Detox Soup

Best Ever Chicken Detox Soup Recipe loaded with lean chicken breast, vegetables and rich herby broth! Adapted for Perfect Weight America, a healthy cleanse for the whole family.



Ingredients:

- 1 1/2 pounds boneless skinless chicken breast
- 2 quarts chicken broth
- 1 large onion, peeled and chopped
- 3 cups broccoli florets
- 2 1/2 cups sliced carrots
- 2 cups chopped celery
- 1 1/2 cups frozen peas
- 1/4 cup chopped parsley
- 3-4 garlic cloves, minced
- 3 tablespoons fresh shredded or grated ginger
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1/4 – 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground turmeric
- Salt and pepper

Directions: Set a large sauce pot over medium heat. Add the olive oil, chopped onions, celery, ginger, and garlic. Sauté for 5-6 minutes to soften. Then add the chicken breasts, broth, carrots, apple cider vinegar, crushed red pepper, turmeric and 1 teaspoon sea salt. Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool. Add the broccoli, peas, and parsley to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm. **Source: A Spicy Perspective—<https://www.aspicyperspective.com/>**

Wellness Programs

December “Maintain-Don’t Gain” Holiday

Challenge: BHG lost **207 lbs** over the holidays! Great job and thanks for participating!

January-“New Year , New You Challenge”

Kick 2018 off feeling great by completing just one small healthy behavior every day. Small steps over time lead to long-term habits and BIG results!

February- “The No Diet, Diet Challenge”

Tired of being told what to eat, but still want to lose weight or achieve health goals? You can! How? By being a bit more mindful about your eating environment, working on less mindless eating and employing tips and tricks to help you feel more satisfied with less food. feel more satisfied with less food.

Each location can choose 1 challenge per quarter for 2018. Share your vote with your Wellness Champion on which challenge you are most interested in!

Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [HERO Coaching Program](#)

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For more information regarding any BHG Wellness Programs, please contact:

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