

ROYAL THRONE



New Opportunities is wishing you a Healthy Holiday...

The holidays are a time of joy and celebration, but can sometimes lead to stress and sickness. *Health.com* has suggestions on how to take care of yourself during the holidays!

Use disinfecting wipes on railings, carts, and armrests, and use hand sanitizer to avoid germs that may cause illness.

Stay hydrated

Be sure to move around and don't sit in one place for too long. Exercise can boost your immunity to seasonal colds and flu.

Get a massage—massage sessions, even as minimal as 10 minutes, can lower levels of cortisol and boost several types of white blood cells to improve your immune system.

GET PLENTY OF REST

Try not to over-indulge in unhealthy food or drinks. Eat healthy snacks between large meals and chew gum to avoid mindless snacking. Be sure to drink water alongside your other beverage choices.

According to Live Science, feeling grateful makes people feel good. Here are 7 tips to feel more grateful and happy in the New Year!

★ **Slow down & take notice**—Every day write down 3 things that you saw or experienced during the day that made you feel good.

★ **Say thank you**—A card, an email, or a verbal thank you once a day allows you to connect with others and get outside of your own head.

★ **Find ways to help others**—research shows that people who give charitable donations experience a happiness boost not found when spending money on themselves.

★ **Feel your feelings**—acknowledge the way you feel and use it to be thankful for memories you've made.

★ **Connect with faraway loved ones**—make phone and video calls and send cards.

★ **Be creative with past memories**—make photo albums and look at them often. Nostalgia warms the heart and boosts happiness.

★ **Notice what you have**—don't let your idealistic vision stand in the way of noticing all of the blessings you already have in your life!

www.livescience.com

Many New Year's resolutions focus on physical changes and goals, but don't forget to also concentrate on improving your mental health in the New Year!

...and a Happy New Year!

A Tip from the Financial Literacy Coordinator

If you are not prepared, the holidays can cause financial chaos. Gifts for others, holiday parties, and family activities should all be considered when making your December budget! Once your budget is planned, be sure you are following it and spending within your means!

"Every day is a gift, that's why they call it the present" -Anonymous

