

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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January Spotlight: Lifestyle and habit change

This month, we're highlighting information about healthy lifestyle choices and habit-building. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about living a healthy lifestyle and building habits from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Healthy living](#)
- [Vida saludable](#)
- [Learn to love exercise](#)
- [Aprenda a amar el ejercicio](#)

These additional links from other health organizations offer more information about building better habits:

- [Changing your habits for better health](#)
- [Making habits stick](#)
- [Preventing chronic diseases: What you can do now](#)
- [30-minute workouts for any schedule](#)
- [Steps for improving your eating habits](#)
- [Family dinners in a flash](#)

Healthy recipes

- [Flavored Water](#)
- [Apple Sandwiches](#)
- [Chicken Stir-Fry](#)
- [Tuscan Potato Skillet](#)

Mental health awareness

Setting intentions can improve your mental health by helping you focus on the here and now, be more mindful and strengthen your sense of purpose. Intentions can also help you set goals and prioritize actions that are meaningful. You can do this any time, but January is a great time to **set intentions for the upcoming year**.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Take control of your health this year](#)

Use our handy screening and vaccine lists to plan your appointments and immunizations.

[Stay connected during winter](#)

Try these fun ideas for spending time with others and enjoying nature when it's chilly.

[Get to know your thyroid](#)

Your thyroid controls more functions than you probably realize. Find out how it works.

Find the entire [Winter](#) issue [here!](#)