

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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## January Spotlight: Lifestyle and habit change

This month, we're highlighting information about lifestyle and habit change. 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 good 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](#)
- [Taking medicine at home - create a routine](#)
- [Crear una rutina - tomar los medicamentos en casa](#)

These additional links from other health organizations offer more information about habit change:

- [Changing your habits for better health](#)
- [18 tips to change your habits for good](#)
- [How to break bad habits and change behaviors](#)

## Healthy recipes

- [Veggie omelet in a mug](#)
- [Burrito bowls](#)
- [Baked fish with tomatoes, peppers and onions](#)

## Mental health awareness

Eating healthy foods can improve your sense of well-being and mood. Learn how diet and mental health are linked and [how small changes to your eating habits may help you feel better](#) mentally and physically.



## 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.

### [6 fun new year's resolutions](#)

Kick off the year — then keep going — with these joyful and creative ideas.

### [Health and fitness bling](#)

Find out what different types of wearable fitness and health tracking devices offer.

### [Meatball soup](#)

Mixed vegetables, meatballs and brown rice make a delicious and hearty soup that will warm you up this winter.

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