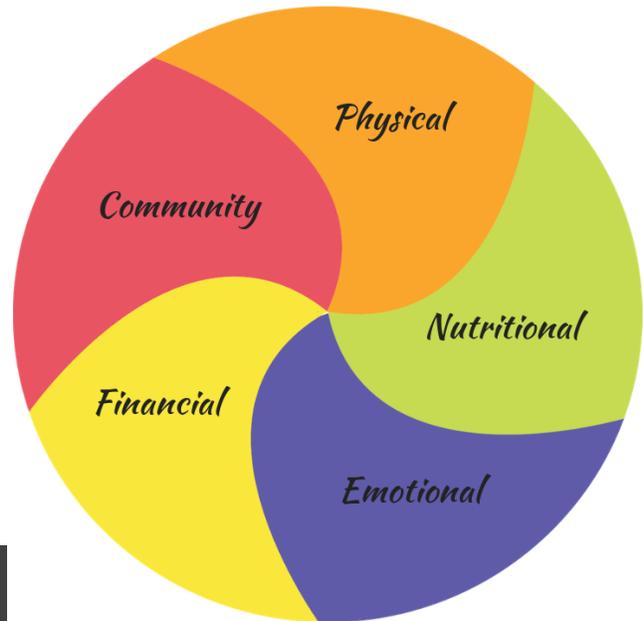


The Wellbeing Journey January 2020

The Wellbeing Buzz



A New Year and A Better You

What is a New Year's Resolution?

A New Year's resolution is a decision to do or not do something to accomplish a personal goal or break a habit. It comes at a time when people look back at the past year and make an effort to improve themselves as the new year begins.

How did the New Year's Resolution start?

New Year's was first celebrated 4,000 years ago in ancient Babylon. Although the Babylonians did not have a written calendar, historians determined that they observed the start of the new year in late March with the arrival of the spring season.

The month of January is named for the Roman god Janus. The ancient Romans imagined Janus as a two-faced god: one facing forward and one facing back. This symbolized his ability to look forward and backward at the same time. Janus was the guardian of arches, gates, doors, beginnings and endings.

The Roman calendar went through a number of changes as different emperors came to power. In 153 B.C., the Roman Senate declared that the new year would begin January 1. But it wasn't until Julius Caesar took the throne in 49 B.C. that the calendar was adjusted so that January falls where it does today. To accomplish this, Caesar let the previous year continue for 445 days!

The tradition of making New Year's resolutions began during the reign of Caesar. At the time, New Year's resolutions were of a moral nature, such as being kind to others.

Health Weight Week
January 19 – 25

Create a New Years Resolution to maintain a healthy weight by eating right and exercising.

January is National Glaucoma Awareness Month!

Glaucoma is a disease that damages the optic nerve in your eye. As much as 40% of vision can be lost without noticing any symptoms. Get routine eye exams to detect early signs.





9 Tips to Keep Your Resolution

1. BE REALISTIC

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. PLAN AHEAD

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. OUTLINE YOUR PLAN

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, **practicing positive thinking** and self-talk, or reminding yourself how your "bad behavior" will affect your goal.

4. MAKE A "PROS" AND "CONS" LIST

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. REWARD YOURSELF

This doesn't mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new **fitness clothing** or by going to a movie with a friend.

6. TRACK YOUR PROGRESS

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help **keep you motivated**. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

7. DON'T BEAT YOURSELF UP

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.

8. STICK TO IT

Experts say it takes about 21 days for a new activity to become a **habit** and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!

9. KEEP TRYING

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

Sheet Pan Chicken Fajitas



Directions

Preheat the broiler to high. Line a rimmed baking sheet with foil.

Combine the chili powder, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 tablespoon of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.

Meanwhile, cut the chicken into 1/4-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 tablespoon oil.

After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.

Serve with the warmed tortillas, Monterey Jack cheese, guacamole, hot sauce, salsa, sour cream and lime

Ingredients:

- 1 tablespoon chili powder
- Kosher salt and freshly ground black pepper
- 1 pound baby bell peppers (12 to 15 peppers), halved, stemmed and seeded
- 1 large yellow onion, halved and thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds boneless, skinless chicken breast
- Juice of 1 lime, plus lime wedges, for serving
- 8 fajita-size flour tortillas, warmed
- Shredded Monterey Jack cheese, guacamole, hot sauce, salsa and sour cream, for serving

The only time to eat diet food is while you're waiting for the steak to cook

- Julia Child

Local Wellness Events

Check out these events happening near Stevens Point

While January always brings a sense of motivation and renewed spirit to do better in the year – don't forget about your health and wellbeing in the rush of everyday life.

St. Michael's Blood Drive

When: January 3rd, 9am – 2pm

Where: 900 Illinois Ave, Stevens Point WI

<https://www.save3lives.org/>

Community Weight Race

When: January 7th – April 8th

Cost: \$30 Individual, 3-5 person team \$75/Team

Register:

<https://www.signmeup.com/reg/form/131277/registration>

Rosholt Blizzard Busters Fisheree and Raffle

When: January 11th 10am – 4pm

Where: 3204 Lake Helen Road, Rosholt, WI

Cost: Free!

<https://www.stevenspointarea.com/event/rosholt-blizzard-busters-fisheree-and-raffle/9784/>

Candelight Ski, Snowshoe & Hike

When: February 22nd 5:30pm – 8:30pm

Where: Hartman Creek State Park, N2480 Hartman Creek Road, Waupaca, WI

<https://www.facebook.com/events/603716700439468/>



Nationwide Deferred Compensation Representative

January 27th-30th with sessions at various Portage County buildings to conduct bi-annual enrollment and review the County's Deferred Compensation Program for employees and the enhanced features on Nationwide Retirement Solutions' Internet site at www.nrsforu.com

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Portage County
Wellness Committee