

TRANSFORM RESOLUTIONS INTO LIFELONG CHANGES



When the clock struck midnight on January 1, you likely had all sorts of aspirations in your mind that you wanted to see become a reality in the new year. Whether your resolutions are health-related or otherwise, breaking them often tends to be the norm more than actually seeing them through. However, "Change is always possible," according to Dr. Linda Nebeling, an expert in behavioral change and nutrition at NIH, and your best bet at success is starting with a plan.

MAKE SURE YOUR RESOLUTION IS SMART.

It's not enough to have a vague idea of where you want to be. Be precise with your goal and really assess how best to make it happen.

Specific: What do I want to accomplish?

Measurable: How will I track my progress?

Achievable: What realistic steps can I take to accomplish this?

Relevant: Is this important to me? Will I work for it?

Time-framed: When will I accomplish this?

EXPECT CHALLENGES. As pesky as they are, challenges are simply unavoidable, and both mentally and physically preparing yourself for setbacks will make a world of difference when they do inevitably arise. One failure doesn't mean your journey is over – you just have to keep moving forward.

CONSIDER YOUR ENVIRONMENT. The success of your resolution is largely reliant on the tools you use to get yourself there; research the right equipment you might need if exercise is your goal. If you're working on quitting unhealthy habits, separate yourself from temptation and try new hobbies or recipes to replace the old behavior.

DON'T FORGET YOUR SOCIAL CIRCLE.

Research shows that our health behaviors tend to mirror those of friends, loved ones and partners. Surround yourself with those who will support your goals and help you stay on track. You could even make the new, healthy behaviors a collaborative activity by going for a walk or visiting a farmers market with a friend. Have fun with it, and your habits will start to feel less like obligations.

CELEBRATE ACHIEVEMENTS. It's important to recognize lasting change doesn't happen overnight. It'll take some time to get where you want to be, and that journey can feel discouraging at times. Don't look at your resolution as one big goal: celebrate small victories along the way. Every step matters and celebrating your successes can help you stay motivated in the future.

Here's to a year filled with growth, strength, perseverance and, most of all, joy. Happy New Year!

Berendes, Gabriel. "Making New Year's resolutions that stick." <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/making-new-years-resolutions-that-stick>. Accessed December 1, 2022.

"Making Your Resolutions Stick." <https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>. Accessed December 1, 2022.



30-Minute Winter Cheddar & Ham Soup

Prep Time: 5 minutes Cook Time: 25 minutes

- ½ cup carrot, diced
- ¼ cup onion, chopped
- ¼ cup celery, chopped
- 3 cloves fresh garlic, minced
- ¼ cup butter, cubed
- 2 ½ cups potatoes, peeled and diced
- 2 cups water
- 1 cup chicken broth
- ¼ cup all-purpose flour
- 2 cups of 2% milk
- ½ teaspoon salt
- 1 teaspoon black pepper, or more to taste
- 2 cups cheddar (or pepper jack) cheese, shredded
- 2 cups fully cooked ham, cubed
- 1 cup frozen peas

1. In a large pot, add the diced carrots, chopped onions and celery and the minced garlic with one to two cubes of butter for a quick sauté – roughly 2 to 5 minutes.
2. Add in the potatoes, water and chicken broth. Bring to a boil. Reduce the heat and cover, allowing the mixture to simmer until it is tender – roughly 15 minutes.
3. Meanwhile, melt the remaining butter in another pan. Stir in the flour until smooth. Gradually add in the milk followed by the salt and pepper. Bring the mixture to a boil and heat until it has thickened – roughly 2 minutes.
4. Add in the cheese and stir until it has melted.
5. Add this mixture to the potato pot. Then, toss in the cubed ham and peas.
6. Warm the soup until you are ready to serve.

Makes 4 servings.

Estimated Amount Per Serving: 385 cal, 18.7g total fat, 1149mg sodium, 37.6g Total Carbohydrates, 10.7g Total Sugars, 18.2g Protein.

Recipe adapted from tasteofhome.com

Screenings, Prevention and Early Detection of Cervical Cancer

January is Cervical Cancer Awareness Month, a time to bring awareness and education to this preventable and serious cancer that affects thousands of women yearly including more than 600,000 women worldwide in 2020.

Cervical cancer is mainly caused by certain types of human papillomavirus (HPV). This is a common virus that is passed from person to person through sexual contact. HPV typically does not cause any symptoms, so you won't know if you have the virus or are giving it to others.

Prevention can start as early as 11 years of age. According to the Centers for Disease Control and Prevention (CDC), HPV vaccinations are recommended for children ages 11 to 12 years old and for anyone through the age of 26 if they have not been previously vaccinated. In addition to the HPV vaccine, a regular Pap test is used to screen for pre-cancerous cells of the cervix that could become cancerous. Thankfully, through screenings, cervical cancer can be caught early, allowing for more effective treatment and management of the disease.

As with any health screening, discuss with your health care provider as to determine the best method of screening that is right for you.

cdc.gov/cancer/cervical/

