

## MAKE YOUR RESOLUTIONS WORK FOR YOU

With the holidays behind us and a whole new year ahead, it's likely that many of us are feeling the urge to make a change. After all, New Year's Resolutions are popular for a reason; the mental fresh start and renewed sense of energy and motivation that we feel when the clock strikes midnight on January 1 can make a real difference when it comes to setting goals and sticking to them.

Though New Year's Resolutions may have developed a bit of a negative connotation, there's no reason these aspirations need to be associated with frustration and failure. On the contrary, if we set ourselves up for success by focusing on clear and attainable objectives, we can overcome any challenge the new year might throw our way.

**Not sure where to start?** Consider these simple, healthy resolutions that can help you achieve your best 2026:

- **Craft a budget within your means.** Budgeting isn't about cutting out spending altogether. Rather, it's about prioritizing your spending habits within your current income limits. There are a number of budgeting apps and personal finance trackers available which are designed to help you do just that.
- **Start a gratitude journal.** There's ample research which demonstrates the connection between the regular practice of gratitude and a positive effect on an individual's physical and mental wellbeing. Simply take a few minutes out of your day to jot down at least three things you are grateful for.
- **Take a day off.** According to research, roughly half of working Americans use less than their allotted amount of paid time off. Burnout is a very real possibility; even if you aren't in the financial position to take an extravagant vacation, using your time off to engage in something you enjoy can be incredibly rejuvenating.
- **Set a reading goal for the year.** The research-backed health benefits of reading extend far beyond keeping your brain in shape, and even include the likelihood of a longer lifespan. Start with 20 minutes a day, and stick to genres you find most enjoyable.
- **Learn a new recipe each month, like our featured recipe this month!** For many of us, cooking healthy, involved meals on a regular basis can be difficult with time constraints and busy schedules, but there's real value in stepping outside our comfort zones with unfamiliar recipes packed with nutrient-rich ingredients. Set aside a special day each month to experiment in the kitchen.

"A Chapter a Day – Association of Book Reading with Longevity," Avni Bavishi et al., Social Science & Medicine, Sept. 2016.

"More than 4 in 10 U.S. workers don't take all their paid time off," Shradha Dinesh & Kim Parker, Pew Research Center, [pewresearch.org](https://www.pewresearch.org), Aug. 10, 2023.

"Promoting Gratitude as a Resource for Sustainable Mental Health: Results of a 3-Armed Randomized Controlled Trial up to 6 Months Follow-up," Ernst T. Bohlmeijer et al., Journal of Happiness Studies, May 7, 2020.



## Chicken and Rice Soup With Lime and Peanuts

Serves: 6 Prep Time: 20 minutes Cook Time: 30 minutes Total Time: 50 minutes

### Ingredients

- 2 tablespoons olive oil
- 3 cloves fresh garlic, thinly sliced
- 2" knob fresh ginger, peeled and thinly sliced
- 1 shallot, peeled and thinly sliced
- 1 ½ pounds boneless skinless chicken thighs
- 1 ½ teaspoons sea salt
- 1 teaspoon turmeric
- 4 cups fresh baby spinach
- 1 cup jasmine rice
- 7 cups chicken broth
- juice of four limes (about 1/4 cup, plus more to taste)
- a splash of soy sauce (optional)
- Topping: fresh herbs (mint, basil, cilantro) and peanuts

### Instructions

1. Heat the olive oil in a large soup pot over medium heat. Add the fresh minced garlic, ginger, and shallots. Sauté for five minutes.
2. Add the chicken thighs. Sprinkle with 1 teaspoon of sea salt and 1 teaspoon of turmeric. Cook, undisturbed, for a few minutes. You can add ¼ cup water to the pan to create a little steam bath if the chicken is becoming too browned on the bottom. Flip and repeat until the chicken is cooked through. Remove the chicken and set aside on a plate.
3. Add the spinach and ½ teaspoon of sea salt to the pan. Sauté the spinach for three minutes until it's wilted. Remove the spinach and set aside in a bowl.
4. Add the rice to the pot. Sauté for two minutes so it picks up all the flavors. Add 6 cups of chicken broth to the pot and bring it to a simmer.
5. While the rice is cooking, shred the chicken.
6. When the rice is soft, add the chicken and spinach back to the pot. Season the mix with lime juice, soy sauce and fresh herbs. Add extra broth as needed. Enjoy!

### Nutrition Information

Serving: 1 bowl Calories: 332 Carbohydrates: 28.5g Protein: 28.3g Fat: 10.7g Fiber: 1.1g Sugar: 1.5g

Recipe adapted from pinchofyum.com

## Everyday Habits To Support Immunity During Winter

### Prioritize quality sleep.

One of the most powerful tools for maintaining a strong immune response is sleep. Aim for seven to nine hours each night and try to keep a consistent sleep schedule. Winding down with relaxing routines — like reading, stretching or dimming lights — can help signal to your brain that it's time to rest.

### Stay hydrated (even when you're not thirsty).

Cold weather naturally reduces your thirst, but your body still needs fluids to function at its finest. Dehydration can dry out your airways and make it harder for your body to filter out germs. Keep water nearby throughout the day, enjoy herbal teas, or add hydrating foods like citrus fruits, soups (like this month's featured recipe!) and cucumbers.

### Choose nutrient-dense foods that fuel immunity.

Your immune system relies on key nutrients, such as vitamins A, C, and D, zinc, and antioxidants. Focus on colorful fruits and vegetables, whole grains, lean protein and healthy fat.

Winter produce like oranges, berries, leafy greens, squash, garlic and sweet potatoes offers a natural boost. Simple, balanced meals — think hearty soups, stir-fries and roasted veggie bowls — can make healthy eating feel comforting, too.

### Improve indoor air

**quality.** We spend more time indoors during winter, so the quality of the air we breathe matters. Increase ventilation when possible, change air filters regularly, and consider using an air purifier to reduce germs or a humidifier to cut the dryness. Open your windows briefly each day, for 10 to 15 minutes, even when it's cold, to freshen up your indoor air quality. Keeping your home clean and dust-free also supports easier breathing and healthier airways.

These small habits can help strengthen your body's natural defenses, making it easier to stay well and energized through the winter.

"How to boost your immune system," Harvard Health Publishing, [health.harvard.edu](https://www.health.harvard.edu), Accessed December 8, 2025.

