

MCFR MONTHLY WELLNESS

JANUARY 2024 NEWSLETTER



BE A CATALYST FOR YOUR HEALTH

New Years Resolutions that Stick

I hope everyone had a safe and happy holiday! Now that we are entering 2024, how can you set yourself up for success with your health and wellness in the new year? In this newsletter, we will cover how you can create new year's resolutions for yourself that actually stick and how to set short- and long-term goals for yourself in 2024. Click on each of the underlined texts for links to more resources for you.

GOAL SETTING

MAKE THEM REALISTIC

1. Keep goals simple!
2. Make SMART goals: Specific, Measurable, Achievable, Relevant, and Time-Bound.
3. Identify what resources you already have available to you to help you reach your goals.

SMART Goal Creator

KEEP YOURSELF ON TRACK

Write your goals down and stick it on the fridge, keep them on your Notes app on your phone, or loop in a friend or partner to keep you accountable.

IDENTIFY STRENGTHS & WEAKNESSES

In past goal-making, what were your pitfalls? What are your strengths with organizing and meeting goals?

MAKE MEANINGFUL GOALS

Form your goals around things that you are motivated about and interested in. The more interested and excited you are about your goals, the more likely you are to meet them!

HEALTH & WELLNESS PROGRAMS AVAILABLE TO YOU

DR. KELSEY TANLER

Don't know where to start on your health and wellness journey? Reach out to Dr. Kelsey Tanler, MCFRS Athletic Trainer, to get you started on the right path for you. Whether it's centered around injury prevention, sleep health, or just general wellbeing, Dr. Kelsey Tanler is a free resource to you to set you on the path for a long, healthy career.

LIVWELL

All benefits eligible county employees have access to [LiveWell](#) and its resources. This includes the [Virgin Pulse program](#), free access to all MoCo rec facilities, and more!

MENTAL HEALTH RESOURCES

Take care of your mental health in 2024 by reaching out to the [MCFRS mental health team](#). Starting therapy and counseling can also help you in meeting your 2024 goals!

SELF CARE TIPS

1. Take naps!
2. Incorporate movement 30 minutes per day, especially outdoors.
3. Find time weekly to [do something for yourself](#).



MCFR HEALTH &
INJURY PREVENTION
Make an appointment by
scanning the QR code!

