WEEK 8: NEW YEAR, NEW ATTITUDE

Congratulations! You’ve made it to the final week of the Maintain Don’t Gain Challenge.

Between work and life responsibilities, we’re feeling more pressure and a higher level of stress. Stress can cause health problems, and blow a hole in your plan to maintain weight. But with a little planning and awareness, you can stay on track.

When you feel stressed, take a moment to recharge by following these tips:

• **Practice mindful meditation.** Sit up straight in a chair, close your eyes, and pay attention to your breath as you inhale and exhale. Begin by focusing on your forehead, then the bridge of your nose, and “travel” down your body.

• **Get away.** Even a quick five-minute walk away from your office or home can help you relax.

• **Be grateful.** Keep a gratitude journal to help you remember the things that are good in your life.

Over the last few weeks, you’ve added some healthy habits to your life. So why not keep these healthy habits going? With a little daily effort, you can maintain, not gain – plus work towards new goals – for the new year.

Adapted from UC Health Plans