ISSUE

Weekly Wellness **Programming** 

# TOHONO O'OOHAM COMMUNITY COLLEGE

### "Stay Home, Stay Safe"

Make sure to always take measures for your safety and the safety of others.

- 1. Wear a mask
- Wash your hands
- Socially distance
- Avoid crowds

Here are a few other tips to stay safe during the holidays

- Get your flu shot
- Start quarantining
- Quarantine upon arrival & get tested if you can
- Wear a mask
- Have your celebrations
- 6. Open windows, if you cant have your celebration outside
- Avoid inviting strangers, keep your circle small
- Check CDC recommendations for latest information

# TOCC Times **New Years Resolutions**

# What you'll find:

Holiday Safety P.1

Mon. Tue P.2

Wed, Thurs, Fri P.3

# Practice the Six Cs

for everyone's safety!









### MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wear a Mask and Avoid Crowds



Save PPE for Those on the Front Lines





Donate

Report Fraudulent COVID-19 Tests, Vaccines and Treatments





### **Motivation Monday**

It's time to crank up those 2021 goals with a new year upon us. Why not choose a simple way to achieve those goals. The easy way to success assumes:

- You already have experience and wisdom
- You will choose the path of least resistance. Don't get bogged down!
- 3) Overthinking gets you stuck. Find the direct path to the results you want!

#### TRY IT TUESDAY

Use this habit tracker to start your New Years Resolution off right! Pick 3-5 habits that you would like to be better with and then track your use of them each month. Use small goals (streaks) to reward yourself with something and stay disciplined and motivated!

# MOTIVATION MONDAY

# Listen to The Daily Boost Podcast Easiest Way To Thrive in 2021!

https://podcasts.apple.com/us/podcast/daily-boost-daily-coaching-andmotivation/id207251905

Discover your purpose and WHY...Take control of your schedule... Get focused... and Eliminate distraction... Stop procrastinating... reduce stress and find more happiness.

# TRY IT TUESDAY

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### WELLNESS WEDNESDAY

Read "To Achieve Big Goals, Start with Small Habits"

https://hbr.org/2020/01/to-achieve-big-goals-start-with-small-habits

### THERAPUTIC THURSDAY

My SMART Goals								
Specific Goal	Mossurable	Actions needed to achieve	Realistic?	Timeline	Resources required			
Get my t Motes	By receiving my L Plates	Study the RTA handbook, Precition the test online, Back in an appointment to take my I. Test, Go to KTA and sit test	of a study it is readistic 3 will pass the itest	On my 16 <sup>th</sup> birthday	RTA book, online sea			

#### Smart Goals Evaluation

Goal	Achieved/in progress/ Not yet begun	What I have done/ What I need to do	Timeframe of achievement	Probability of achievement
Cut my ()	Address	I shalled hard and passed my test first. New	Studied for 4 weeks before	Airwely achieved
Get a jub	in progressr	I have made a resume and handed if out at the shops	I want to have a job by the and of the year	AUN

### FITNESS FRIDAY

Do this 21 Minute All in One Tone Workout

https://www.youtube.com/watch?v=gsgRJd -rLI

Aim for 20 minutes a day of activity to get this year started off! 21 days to build a habit

MPOSSIBLE

### WELLNESS WEDNESDAY

When presented with a problem that requires behavior change, we pounce on it with big goals.

We're programmed to "go big or go home," but big goals are more burdensome than they are motivational; they require daunting effort to accomplish and sustain. Instead, the way to achieve big is to start small!

# THERAPUTIC THURSDAY

Use this SMART Goals tracker to check in on your progress every once in a while. When you feel overwhelmed or feel like you arent reaching your goals, take a minute to evaluate where you are and maybe hit the reset button if you need to!

### Fitness Friday

This total body workout is a great start to get moving this year and start reaching your goals for 2021