



TOCC Times

New Years Resolutions

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

"Stay Home, Stay Safe"

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

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

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

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

Practice the Six Cs

for everyone's safety!



Avoid Crowds
Close contact
Closed spaces



Cover up
with a mask



Clean your hands



Care for yourself
Eat well, exercise, sleep

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wash Your Hands



Wear a Mask and Avoid Crowds



Save PPE for Those on the Front Lines

The general public should wear cloth face coverings



Follow Food Safety Guidelines



Donate Blood and Plasma

Report Fraudulent COVID-19 Tests, Vaccines and Treatments



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	Measurable	Actions needed to achieve	Realistic?	Timeline	Resources required
Get my I. Notes	By receiving my I. Notes	Study the RTA handbook, Practice the test online, Book in an appointment to take my I. Test, Go to RTA and sit test	If I study it is realistic I will pass the test	On my 15 th birthday	RTA book, online test

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
Get my I's	Achieved	I studied hard and passed my test first time	Studied for 4 weeks before	Already achieved
Get a job	In progress	I have made a resume and handed it out at the shop	I want to have a job by the end of the year	50%

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

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 aren't 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

