"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 can’t have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

What you’ll find:
- Holiday Safety P.1
- Mon, Tue P.2
- Wed, Thurs, Fri P.3
Motivation Monday

As part of this new year, we want to look at how to be more mindful and in the moment. So we start with how to tame a wandering mind and be more present!

Watch “How to Tame Your Wandering Mind”


Amishi Jha studies how we pay attention: the process by which our brain decides what’s important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention’s power, Jha says – but some simple techniques can boost it. “Pay attention to your attention,” Jha says.

Try It Tuesday

For this try it Tuesday, try a couple of these exercises to begin to strengthen your mind!

Daily exercises that will strengthen your attention

https://www.artofmanliness.com/articles/your-concentration-training-program-11-exercises-that-will-strengthen-your-attention/

According to the article above there are 11 things you can do every day to strengthen your brain!

1) Increase the strength of your focus gradually – set goals to work for 45 min and then take a break for 15 min and gradually build up longer work times
2) Create a distraction to-do list – when something pops in your head, write it down and come back to it instead of letting it derail you
3) Build your willpower – focus on deliberately ignoring distractions when they come up
4) Meditate – start your morning off by centering your mind for 10 min and get ready for the day!
5) Practice mindfulness throughout the day – slow down and focus on exactly what is around you and then narrow down to what you are doing
6) Exercise (your body) – physical exercise assists in the ability to ignore distractions
7) Memorize stuff – make a goal to memorize something each week (a stat, a poem or a song each week)
8) Read long stuff slowly – don’t just scroll through something, take the time to read each word carefully
9) Stay curious – when you learn something new, peel back the layers and try to find out a couple more things about it
10) Practice active listening – focus on what somebody else is saying and understand what they are saying. Ask relevant questions.
11) Perform concentration exercises – find brain exercises that work for you (crossword, sudoku, word search, etc)
Read “How to train your brain to be more present”

**WELLNESS WEDNESDAY**
Here is another article that can help us be more present with others during this age of instant gratification, cell phones, and computers!

**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**
Do this morning yoga full body stretch
https://www.youtube.com/watch?v=4pKly2JojMw

Focus on your breathing and being mindful of each stretch and breath you take!