



# HEALTH & WELLNESS

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## New Year's Resolutions

The New Year is a great time to focus on what you really want in life. You may want to focus on your health, family or finances. A new year is beginning, a fresh start is available, and motivation is in the air.

## Easy Ways to Set Goals

- 1. Have Long term and Short term goals**  
A short term goal is achieved quickly (wash dishes, mail cards by Friday, etc.). They help you achieve your long term goals. Long term goals will take months, years, or even all of your life.
- 2. Make it challenging but realistic**  
Set difficult, but realistic goals that will give you confidence and focus on the positive aspects of achieving the goal.
- 3. Where is the why**  
Think about why you chose this goal. Keeping that in mind may help you stay focused.
- 4. Develop an Action Plan**  
Create a timeline with steps toward your goal. Set a deadline for each step and cross them off as you go.



# GOAL SETTING

### FRITTATA MUFFINS

(Makes 12)

#### INGREDIENTS

- 6 Large Eggs
- 1/2 cup Milk
- 1 cup Vegetables, chopped
- 1/4 cup Shredded Cheese
- 1/4 tsp Salt
- 1/8 tsp Pepper
- Cooking Spray

#### Vegetable Options: Raw, Steamed or Sautéed

- Bell Peppers
- Onions
- Broccoli
- Spinach
- Mushrooms

#### DIRECTIONS

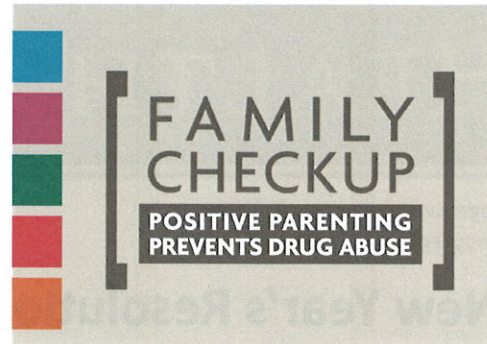
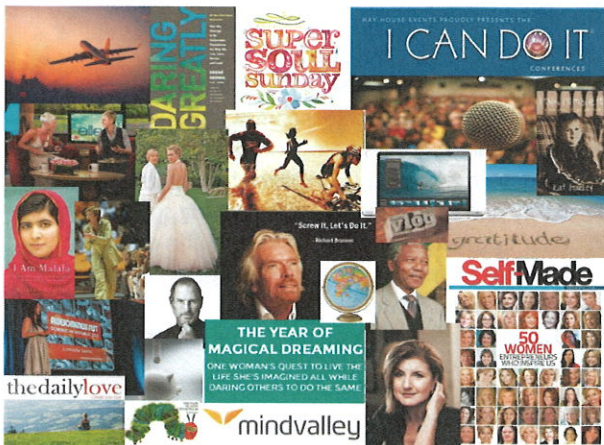
1. Preheat oven to 375 degrees.
2. Place muffin pan in oven while it preheats.
3. Whisk eggs, milk, and seasonings together in large bowl.
4. Stir in chopped vegetables and cheese.
5. Remove muffin pan from oven. \* Careful: HOT
6. Spray pan well with non-stick cooking spray.
7. Pour egg mixture evenly into 12 muffin cups.
8. Bake for 15 minutes or until the egg mixture puffs and has set in the center.
9. Use a rubber spatula to loosen the frittata and slide on to a platter to cool.

## Healthy Resolutions Focus on all Aspects of Wellness Examples

- I will have no more than 2 hours of screen time per day.
- I will take my lunch 3 times each week to help save money.
- I will call my family once a week to stay connected to those I love.

## Top Tips for Motivation:

- **Believe in yourself** – in the words of Henry Ford “If you think you can or you can’t– you're right”. Stay positive about your progress.
- **Create a Vision board** – A **vision board** is a tool used to help clarify, concentrate and maintain focus on a specific life goal. Literally, a **vision board** is any sort of **board** on which you display images that represent whatever you want to be, do or have in your life.
- **Share your goal** – People who state their goals to others are more likely to keep them. It is about social accountability!
- **Reward yourself** – Acknowledge your achievements, even the small ones. Reaching a goal takes hard work. Celebrating could mean taking some time to treat yourself.



## January is also known for National Drug and Alcohol Facts Week

During the week of January 22-28 the National Institute of Health educates individuals, parents, family members, and the general public about the myths and misinformation about drug and alcohol abuse. To learn more go to Test your knowledge by taking the interactive National Drug & Alcohol IQ Challenge quiz! It only takes 5—10 minutes.

<https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2017>

