

## WESLEY NURSE CORNER:

*3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

Dear LWMUMC Family,

In the month of January many of us make New Years Resolutions. When trying to implement new habits, it is important to make small and achievable steps instead of trying to set large and difficult to follow goals, thus setting yourself up for a higher chance of failure. Select one thing you think you can easily achieve, and then plan to build upon your successes. Try setting multiple small goals throughout the year, which, when taken together, move you toward your final goal. (Plan daily, weekly, monthly, and yearly small goal steps.) If it is a health goal, consider discussing your plan with your Primary Care Provider (PCP). They may be able to provide you with some ideas on achievable steps to help you toward your goal. Use input from your other health providers as well, as they can also provide you with tips to optimize your overall health and wellness (optometrist, audiologist, dentist, chiropractor, other specialists). Don't forget the role meditation/prayer/ and spirituality play in your life and focus on build a strong spiritual life. Your church, pastor, family, and friends can all be supportive in helping you keep a strong mental and spiritual frame of reference. Also, it is often easier to reach a goal if you select a partner or group to participate with you. Consider joining a group or club with similar, but healthy interests- be it dining, exercising, birdwatching, stargazing, losing weight, or other interests. All activities can be supportive and tailored to help you be your best healthy self (for example a dining club- instead of dining out together: taking turns preparing a healthy meal at each other's homes or encouraging each other to order healthier options off a menu etc.). Make an achievable resolution and be gentle with yourself. It will take at least 3 weeks of repetition or longer to make something a habit. No one is perfect, so give yourself grace, take that first step, continue each day, and gradually draw closer to your goal. Happy New Year!

### **Some fruits or vegetables highlighted for the month are :**

Pumpkin, squash, onion, garlic

These recipes also include chia seeds, oats, whole grains and beef

[Pumpkin Spice Overnight Oats - JTA Wellness; San Antonio Dietitians](#)

[Beef Goulash USDA Recipe for Child Care Centers – Child Nutrition Recipe Box \(theicn.org\)](#)

Try something new this month.

If you are interested in exercise, the Llano Walking Club meets M, W, F at 9 AM. If you would like to join us, call to schedule a pre-exercise appointment with the Wesley Nurse at 325-247-4011. We welcome new members.

Your Wesley Nurse,

Bonita