

WINTER 2023

# STAR THE BUCK SAYS...

Insights and Highlights from a deer friend at Northstar EAP



## NEW YEAR, NEW HABITS AND STARTING SIMPLE.

Cleanse, diet, self-care, living clean and green. These are all terms we hear and they creep in as we hit reset at the start of a new year. As much as we encourage resolutions and new plans for better health, we are always cautious about creating realistic objectives.

It's early enough in the new year to hit reset and try to better ourselves in little ways or big ways if you're up for it!

The type of detox or 'diet' we want to encourage is less to do with eating and drinking and more so with lifestyle.

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Here is a quick list of a few tasks to try, and, no pressure, do what you can, when you can. We do however promise that even small steps can truly improve your mental health and outlook.

- Turn off the news. Limit to one show an evening. Limit to radio only in the morning. Limit to checking once during the day OR only local outlets versus national. Try waiting until weekends only or at the start of the week. Reducing your intake of information that can cause cortisol spikes, will help.
- Take a break from social media. We know, we know, this is advised all the time. Again, start simple. Remove one app from your phone. Remove one app for one week. Set your phone in a spot so that you don't check it directly before bed and especially not during the night. Try it for one night!

- Start simple. Simple and small changes can help us foundationally improve. Sleeping, eating better and exercising is on every list though! So that's it for number four. Start small and simple. Little bit by little bit.
- Be present. At work, think about work. At home think about home. Use mindfulness and intention.

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