



DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING

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Welcome 2019!
100 Tips
 To Reach Your
Goals



Most of us see the beginning of a new year as a way to start new habits. Common goals are to lose weight, exercise more, spend time with friends and family, save money and meditate. Unfortunately, for most of us, our good intentions never make it to lasting behavior change. The best way to succeed is to make small, distinct changes and build on them. This issue is full of small changes. Pick one or two to work on and then build on them. Soon you will be reaching your larger goals. **Make 2019 the best yet!**

Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among Wespath’s offerings are: well-being programs, trends and research, educational opportunities and an interactive website.



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a general agency of The United Methodist Church

Physical Tips

Set goals for the year in areas of nutrition, exercise, meditation and fun

- 1** Set aside time to map out your meals and plan your grocery list
- 2** Watch Wespath Deskercise videos
- 3** Add berries to salad, smoothies, cereal. Berries help with cholesterol and other conditions
- 4** Keep a pair of comfortable shoes to walk in at work
- 5** Laughter is good medicine—a 10- to 15-minute belly laugh might burn anywhere from 10 to 40 calories.*
***Health.Harvard.edu**
- 6** When chopping vegetables for a meal, chop more than you need and freeze for future meals
- 7** Prep vegetables (cut and present) to make them easy to grab and go
- 8** Don't skip it. Activity—some—is better than none
- 9** Shredded cabbage adds color and Vitamins K and C to salads and sandwiches
- 10** When ordering out, ask for an extra side of veggies
- 11** Try new things in season—they taste better and are less expensive
- 12** Find recipes online at **whatscooking.fns.usda.gov**
- 13** Use a grocery program like NutriSavings to shop healthier
- 14** Perform calisthenics or march in place during TV commercial breaks
- 15** Do your body a favor and always check the nutrition facts
- 16** Combine food groups for flavor: think apples and peanut butter or grapes and cheese
- 17** Make your bed—it takes two minutes and you've already accomplished something for your day
- 18** Focus on whole fruits rather than juices or fruit-flavored items
- 19** Canned ain't so bad—keeping canned vegetables on hand can help you get your 5 servings/day when life gets busy
- 20** Choose frozen fruit bars over chemical-laden popsicles
- 21** Buy bulk when favorites are on sale
- 22** Give lettuce wraps a try—variations include teriyaki chicken, hummus and olives, and tuna salad
- 23** Be physically active for at least 10 minutes several times a day for improved health. Take a quick walk whenever there's 10 minutes to spare
- 24** Many egg recipes (frittata and quiche) can be made ahead of time for a quick, protein-packed meal
- 25** Make half your grains whole grains for maximum antioxidant power
- 26** Take the stairs—instead of the elevator
- 27** Use your smartwatch to track more than just steps
- 28** Host a healthy pizza night as a way to try new veggies
- 29** Cook with your kids. Their investment in the process will lead to trying new foods
- 30** Copy a kitty: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain
- 31** Grow your own herbs—add flavor and avoid salt or chemical-packed marinades
- 32** Track what you feel when you eat
- 33** Don't drink sugar—save hundreds of calories by substituting water
- 34** Avoid phone and TV screens before bed for more restful sleep
- 35** Use Greek yogurt in place of sour cream or mayo—blend with basil or chipotle peppers for added flavor
- 36** Eat fish for heart health—get creative with salmon patties, fish fillets and shrimp salads
- 37** Use your slow cooker
- 38** Make a one-dish meal for easy clean up
- 39** Set goals for the year in areas of nutrition, exercise, meditation and fun

Set
Goals

Nutrition

Exercise

Meditation

Fun

Emotional Tips

“Start with small changes to achieve long-term goals”—LAO TZU

- 40 Give yourself love by celebrating your success and applauding your efforts
- 41 Get it out! Express what’s on your mind to help you think clearer moving forward
- 42 Make and keep your New Years’ resolutions
- 43 Focus on each other at the table—Stanford University* study shows family dinners reduce high-risk behaviors in teens
* **Med.Stanford.edu**
- 44 Focus on fewer, stronger connections that serve you well. Release those that don’t
- 45 Live in the moment—be mindful so that you don’t fear the future or regret the past
- 46 Forgive others and learn to let go—it’s good for everyone involved
- 47 Be open to learning new things—it keeps life exciting
- 48 Love one another
- 49 Be a river not swamp—don’t stagnate, keep the energy moving
- 50 Gather up pieces of a broken dream
- 51 Cultivate a little solitude
- 52 Be reliable—actions speak louder than words
- 53 Write a thank-you note
- 54 Learn to read your own emotions
- 55 Exercise your power of choice—choose joy and love over anger and hate
- 56 Clear lingering mental clutter
- 57 Prioritize your to-do list with only tasks you know you can accomplish in a day or week
- 58 Looking for deeper meanings and finding recurring patterns can help you have control over your destiny
- 59 Get moving to improve mood and lessen anxiety
- 60 Manage your time with weekly goals
- 61 Learn to say no. Boundaries boost emotional resiliency
- 62 Be fluent in what you value most, so you can call on it in challenging times
- 63 Be an optimist—Scientifically, optimism is suggested to protect the heart and circulation*
* **Health.Harvard.edu**
- 64 Be thankful. Write down five things you are grateful for every day
- 65 *Start with small changes to achieve long-term goals—LAO TZU*

Spiritual Tips

“Three things will last forever—faith, hope, and love”—1 CORINTHIANS 13:13

- 66 Fast for a period of time from something that may distract from your relationship with God—watching TV, social media, certain foods*
* *Check with your doctor before fasting totally from food, especially if you have any health conditions*
- 67 Write strengthening scripture on Post-It Notes and place where you will see them
- 68 Visit a spiritual director—ask a colleague or pastor for a recommendation, or visit Spiritual Directors International at **sdiworld.org**
- 69 Memorize the lyrics to a favorite hymn or spiritual song to call to mind in stressful times
- 70 Gain wisdom and guidance by reading the Bible
- 71 Identify your blessings to focus on the positive
- 72 Share prayer—praying for, and with, others pays it forward
- 73 Take a leap of faith—it can be scary but also could lead to something wonderful
- 74 Turn worries over to God
- 75 Use your gifts faithfully
- 76 Spend time in nature to connect with yourself and God
- 77 Practice mindfulness as a way to shield yourself from distraction, negativity and more
- 78 Be nice to your body, respect the temple God gave you
- 79 Be creative. Clearing the mind is good for the soul
- 80 *Three things will last forever—faith, hope, and love—1 CORINTHIANS 13:13*

Faith Hope Love

Social Tips

Put your cell phone down when with others

- 81** Be active as a family: bike ride, play badminton, take walks
- 82** Find a friend to exercise with
- 83** Be reliable, responsible and reciprocal in your relationships
- 84** Don't compete. Competing can turn potential friends into potential rivals
- 85** Be a nice human
- 86** Contrary to popular belief, you don't need to be brilliant, hilarious, worldly or beautiful to succeed socially. It's enough to be nice, kind and open
- 87** Grow your circle of friends to expand your support system
- 88** Join a club
- 89** Express gratitude—the simple act of giving thanks can make someone else's day, but also yours!
- 90** Practice Hygge—the Danish trend of finding joy in simplicity and connecting with others
- 91** Put your cell phone down when with others

Financial Tips

Save as much as you can

- 92** Increase your retirement plan contributions for a more peaceful retirement
- 93** Develop professionally
- 94** Save as much as you can
- 95** Set an intention to take an honest look at your financial life and ask yourself how it might be improved. Forgive yourself for past mistakes
- 96** One of the best ways to save money in retirement is by staying healthy! It's a win-win
- 97** Take advantage of an HSA option with your health plan. There are triple tax savings, investment opportunities and cost savings potential
- 98** Create a spending plan and make sure your money is going to what matters most to you
- 99** Review your insurance coverage for areas of financial exposure
- 100** Create an estate plan to ensure your wishes are carried out upon your death

Print and Share Bulletins

See this issue's bulletins for great resources to share with your congregation. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your effort to create a more vital church.

BULLETIN #1:

Joy!



BULLETIN #2:

DEVOUT WOMEN LIVE LONGER



Resources

A host of resources are available at wespath.org/benefits



Wespath [articles](#) related to each of the five dimensions of well-being



[Congregational resources](#) including [UMC Health Ministry Network](#)



[Clergy Benefits Academy](#)

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Newsletter and Bulletins found at wespath.org/benefits/newsletter



[Well-Being Toolkits](#)



The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from Wespath—you can do it!

Let Us Know

If you have questions or comments, please contact us anytime at: wellessteam@wespath.org

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