



NEW YEAR RESOLUTIONS FOR 2021

SETA'S Wellness & Safety Awareness Newsletter



Things are very different this year because of Covid-19. For example, traditions like gathering in New York City to watch the Ball Drop, the New Year's Eve kiss and parties to celebrate the new year will not occur the same way like in years past.

This year, because of the pandemic, most of our activities to celebrate the the holidays have gone virtual. However, we are a resilient and adaptable society and thanks to the internet we are creating new ways to continue celebrating our traditions.

2020 was a year that brought challenges which caught us unprepared. Still, we can look forward to 2021 with hope and a new appreciation for what we have and for those around us as well. We can appreciate the moments we have and the ways we spent our time with ourselves or with others.

Traditionally, we make New Year resolutions that most of us have difficulty keeping. To follow that spirit of renewal and resilience, let's take it easy on ourselves and others by setting attainable goals. Three easy goals are more than enough. They can be: 1. Self-Care 2. Connecting with family and friends 3. Making connections with our communities.



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HOW TO TAKE CARE OF YOURSELF



Self-care is the practice of individuals looking after their own health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently. Self-care means doing activities that make you feel healthier and better about yourself. If you don't take care of yourself, you can't take care of anyone else. The internet offers us many ways to do self-care. If you have a T.V., computer, or have access to streaming services like Netflix, or Amazon Prime, they have numerous exercises and activities that can help care for your mind, body and soul. This newsletter includes a few links to those resources on the next page.

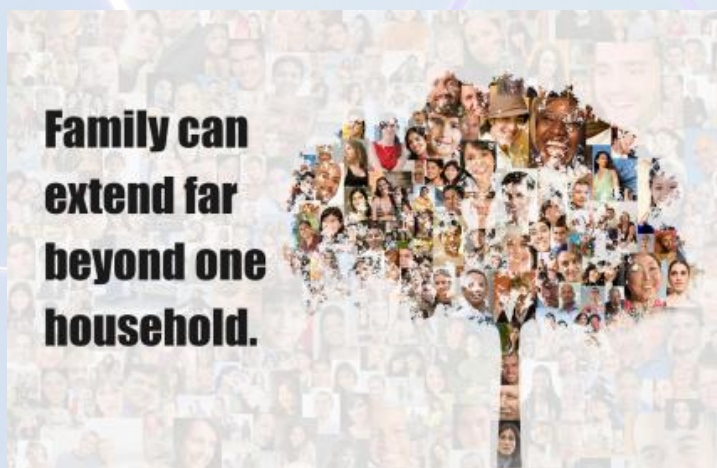
HOW TO STAY CONNECTED WITH YOUR FAMILY AND FRIENDS

With the holidays behind us and COVID-19 continuing, you probably changed or canceled favorite traditions with family and friends. However, you can still create meaningful moments that lift your spirits and keep you safe while building a sense of connection, community, and cheer moving forward. More than ever, we're aware of the importance of family and friends. Through the internet, you can reach out to your family, co-workers and neighbors. Then find an activity that you and your family can enjoy. The important thing is to make time for each other. If you can't find an activity to engage with others, you can start one yourself. People are often surprised by how others might be attracted to their ideas. You can start a Google or Facebook group and invite others.

Other ideas for creative ways to connect can be found at the link below.

<https://www.anthem.com/coronavirus/blog/well-being-and-community/staying-connected-to-others-during-the-holidays/>

Friends are the family you choose." - Jess C. Scott



HOW TO CONNECT WITH YOUR COMMUNITY

To connect with your nearby community, try and walk with neighbors (with masks and social distancing). Always follow CDC guidelines. You can also organize an informal neighborhood watch. Many government meetings are now online too. You can attend City Council meetings, County of Sacramento Board of Supervisors meetings, and even state legislative hearings without the inconvenience of parking and walking to them. Use your favorite search engine to find these events. This way, you don't feel isolated.

In conclusion, let's be grateful for our internet connections, and for being here today. Remember to reach out to those who are in need. We are all in this together.

"I alone cannot change the world, but I can cast a stone across the waters to create ripples." – Mother Teresa

"If you want to go quickly, go alone. If you want to go far, go together." - African Proverb



Resources

Here are some additional resources you might like:

- Visit Happier Podcast with Gretchen Rubin: <https://gretchenrubin.com/podcasts/>
- Get or give the gift of a free PodCast: <https://www.audible.com/ep/podcasts>
- Revisit a book you remember from High School or College
- Blog/Article: How can you be kind and still protect yourself and your family?: <https://inspirekindness.com/blog/practicing-kindness-during-the-coronavirus>
- Article: **35 Quarantine Quotes to Help You Articulate Your Social Distancing Feelings** <https://www.goodhousekeeping.com/life/a32815472/quarantine-quotes/>
- YouTube also has healthy exercise and meditation videos. Here is one example: Qi Gong: 7 Minutes of Magic (for Health) Lee Holden <https://www.youtube.com/watch?v=9zjvQPDYbFI>

References

- <https://about.kaiserpermanente.org/total-health/health-tips/get-creative-to-stay-connected-with-family-and-friends>
- <https://www.mydomaine.com/best-new-years-resolution-ideas>
- <https://www.selfcarefederation.org/what-is-self-care>

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[www.seta.net/staff-
resources/wellness-safety-
awareness-program](http://www.seta.net/staff-resources/wellness-safety-awareness-program)

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