

FEELING GOOD

January 2025 | Good news for a happier, healthier you.

January is National Mental Wellness Month: Start the Year with a Clear Mind

As we step into a new year, January brings a powerful reminder to prioritize our mental well-being. National Mental Wellness Month is a time to reflect on the importance of nurturing our mental health and taking proactive steps toward emotional balance.

Mental wellness goes beyond simply avoiding stress or anxiety; it's about fostering resilience, developing positive habits, and embracing practices that contribute to a fulfilling life.

Here are some practical ways to focus on your mental wellness this month:

- 1. Set Healthy Boundaries**
Learn to say “no” when your plate is full. Protecting your time and energy is essential for maintaining balance. [Boundaries: What are they and how to create them](#)
- 2. Practice Gratitude**
Take a few moments each day to reflect on what you're thankful for. Gratitude can boost positivity and help shift your perspective. [Gratitude Journal Worksheet - PDF](#)
- 3. Stay Active**
Regular physical activity is not just good for your body—it's a proven mood booster. Even a **10-minute** walk can make a difference.
- 4. Connect with Others**
Strengthen your support system by spending quality time with friends and loved ones. Sharing your feelings can lighten emotional loads.
- 5. Seek Professional Support**
If you're feeling overwhelmed, don't hesitate to reach out to a counselor or therapist. Seeking help is a sign of strength, not weakness. [SAMHSA - Find Treatment](#)

This January, take the time to check in with yourself and focus on what helps you feel centered and at peace. By investing in your mental wellness now, you can lay the foundation for a healthier, happier year ahead.

Remember, small changes can lead to lasting results—start today.



January Health Awareness:

Learn more about this month's featured health observances:

- [Cervical Health Awareness Month](#)
- [National Birth Defects Awareness Month](#)
- [National Blood Donor Month](#)
- [National Glaucoma Awareness Month](#)
- [National Healthy Weight Week](#)
- [Maternal Health Awareness Day \(January 23\)](#)
- [Substance Use Disorder Treatment Month](#)
- [National Mental Wellness Month](#)
- [International Quality of Life Month](#)



Financial Fitness for the New Year

As the new year begins, it's the perfect time to take charge of your financial health. Much like physical fitness, financial fitness requires focus, planning, and consistency. A well-organized financial plan can bring peace of mind and set you up for long-term success.

Here are a few steps to help you get started:

- 1. Create a Budget**
Track your income and expenses to understand where your money is going. Use this information to create a realistic monthly budget that aligns with your financial goals. [CFPB - How to create a budget](#)
- 2. Review Your Savings Goals**
Whether you're saving for a vacation, emergency fund, or retirement, reassess your goals to ensure they match your current needs and priorities. Consider automating your savings to make progress effortless.
- 3. Tackle Debt Strategically**
If you have outstanding debt, develop a repayment plan. Focus on paying down high-interest debts first while making minimum payments on others to save money in the long run. [FTC - How to get out of Debt](#)
- 4. Explore Financial Wellness Resources**
Take advantage of tools, workshops, or apps that can support your financial journey. Many organizations offer free resources, like budgeting templates or financial counseling services, to help you stay on track. [CFPB - Financial Wellbeing Resources](#)
- 5. Plan for the Unexpected**
Life is full of surprises. Build or add to your emergency fund to ensure you're prepared for unforeseen expenses. Aim for at least three to six months of essential living costs. [CFPB - Guide to building an emergency fund](#)

Make 2025 the year you take control of your finances and set yourself up for lasting stability and success.

Stay Healthy and Energized This Season

Winter can be a beautiful time of year, but the colder months often challenge our physical and mental health. Shorter days, chilly temperatures, and seasonal stress can impact energy levels and overall well-being. Taking intentional steps during this season can help you build and maintain good health habits that keep you energized and thriving.

Here's how to boost your winter wellness:

1. Fuel Your Body with a Balanced Diet

Comfort foods are tempting in the colder months, but aim to include plenty of fruits, vegetables, whole grains, and lean proteins in your meals. Incorporating seasonal produce, like citrus fruits and root vegetables, can provide essential nutrients to keep your immune system strong.



2. Stay Active Indoors

Don't let the cold weather derail your fitness routine. Try indoor activities such as yoga, dance, or strength training. Even a brisk walk-through a nearby mall or on a treadmill can keep you moving and improve your mood.

3. Prioritize Quality Sleep

Sleeping is crucial for overall health, especially during winter when energy levels can dip. Create a calming bedtime routine, limit screen time before bed, and aim for 7–9 hours of sleep each night.

4. Take Care of Your Mental Health

Combat the winter blues with mindfulness practices or relaxation exercises. Meditation, deep breathing, or journaling can help reduce stress and improve mental clarity. Spending time outdoors in natural light, even on chilly days, can also boost your mood.



5. Stay Hydrated

It's easy to forget about hydration in colder weather, but your body still needs water to function at its best. Herbal teas or warm lemon water are great options to stay cozy and hydrated.



Taking proactive steps to maintain your health and energy during winter creates a strong foundation for well-being all year long. Embrace the season by making choices that support both your physical and mental health.



Connecting for Better Well-Being Strengthen Your Social Ties this January

As we enter the new year, January is a wonderful time to focus on building and nurturing meaningful relationships. Strong social connections are essential for mental and emotional health, providing support, boosting happiness, and increasing resilience in the face of life's challenges.

Here are some ways to strengthen your connections and foster a sense of community:

- 1. Reach Out to Loved Ones**
Sometimes a simple phone call or text can rekindle relationships and brighten someone's day. Try to check in with friends or family members you haven't spoken to in a while.
- 2. Volunteer in Your Community**
Giving your time to help others is a powerful way to connect. Join a local charity, food drive, or community project to meet new people and make a positive impact.
- 3. Join a Group or Club**
Find others who share your interests by joining a hobby group, book club, or fitness class. Shared activities create natural opportunities for bonding and friendship.
- 4. Participate in Support Networks**
If you're navigating specific challenges, consider joining a support group. Sharing experiences with others who understand can provide comfort, encouragement, and valuable advice.
- 5. Make Time for Face-to-Face Interactions**
In today's digital world, face-to-face conversations can feel rare. Prioritize in-person interactions, whether it's a coffee date with a friend or attending a local event.

Strengthening social connections doesn't just enhance your own well-being; it also contributes to a ripple effect of kindness and community. Make January the month you prioritize relationships and experience the lasting benefits of a strong social network.

[CDC- Social Connection](#)

<https://newsinhealth.nih.gov/2017/02/do-social-ties-affect-our-health>

<https://www.cdc.gov/social-connectedness/improving/index.html>

Learn How to Eat Healthy with MyPlate

Build healthy eating habits with the **MyPlate** app! Set daily food goals, track progress, and earn badges one step at a time.

[Learn More](#)



MOVE! Coach

An app for weight management, designed for **Veterans, service members, families, and anyone** aiming to lose weight.

[iOS Download](#)

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Are you a Family Caregiver?

Learn about caregiver stress, and get the support you need to take care of your **own health**.

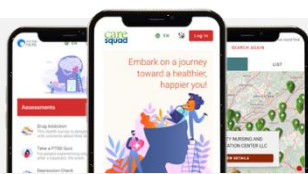
[Learn More](#)



Coping with Job Stress

Recognize stress, build resilience, and know where to go if you need help.

[Learn More](#)



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