



LARIMER
COUNTY

JANUARY 2021

your

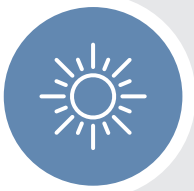
HEALTH UPDATE

Set Positive Intentions for 2021

RESET AND recharge

At the start of 2021, allow yourself space to reset and recharge your intentions for a renewed year.

Listed below are three small changes that can have a big impact to your long-term wellbeing. Try adopting one or all into your routine.



CHARGE UP YOUR MORNING

Wake up fifteen minutes early to take a quick walk or step outside to stretch and meditate. Morning light promotes wakefulness, decreases stress, and encourages better sleep. These small bursts of physical and mental activity can spark momentum for the rest of your day.



HIT REFRESH ON YOUR RELATIONSHIPS

In an increasingly virtual world, making the effort to connect despite distance is crucial to maintaining your emotional and social health. **Set up dates with friends and family to hang out virtually or take five minutes to check in on a coworker and ask how they're doing.** Brief moments of connection can alleviate feelings of isolation and help you feel more connected.



PRACTICE WELLNESS WHERE YOU WORK

Bring balance to your workday by taking five minutes of self-care to stand up and stretch, walk around, or clear the clutter from your desk every 90 minutes. This can add up to 30 minutes of investment in your personal wellbeing which can renew your sense of purpose, increase productivity, and promote a healthier work-life balance every day.

Remind yourself of the growth you've made each day by recording your progress in a habit tracker app. Or jot down intentions and significant moments in a journal for reflection.