

2020

UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

SMALL CHANGES FOR BIG IMPROVEMENTS

Small changes to your daily habits can help bring about big improvements in your health and quality of life. Over the past 7 weeks, you've made the decision to work toward your personal health goals, tracking successes and challenges along the way.

No matter what your health goals are, when you're trying to develop and keep new habits, knowing your "why" and creating a specific plan can help you succeed. Here are some ways you can create a plan to continue on your healthy journey:

- **Set Your Goals.** A plan for forming new habits includes long-term and short-term goals. Short-term goals are things that you want to do tomorrow and the day after that will help you reach your long-term goals in 6 to 12 months. Start small, it's easier to stay with something new when you have early, frequent successes. Write down your goals, and hang them up where you can see them. Reading your goals can be a helpful reminder.
- **Track Your Progress.** Keeping track of your progress helps you see how far you've come. It also helps you stay with your plan. Use a notebook or journal to keep track of the healthy things you do. Look this over when you begin to doubt yourself or feel discouraged. Every time you meet a goal, reward yourself.
- **Think About Your Barriers.** Expect to encounter some barriers. The idea is not to get rid of barriers, but to identify them ahead of time and plan what you will do to deal with them.
- **Get Support.** Support from family, friends, or a support group/class can go a long way toward helping you find success in reaching your healthy goals. Don't be afraid to let them know what you're trying to do and ask for their help or see if they want to join you. It's motivating to know that someone is supporting you and sharing the same goals.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Rising To Everyday Challenges](#)
- [Flyer \(PDF\): Personal Action Plan](#)
- [Article: 10 Resolutions To Make 2020 Your Healthiest Year Yet](#)



THIS WEEK'S WEBINAR

- [The Confident You: Taking Charge Of Your Life](#)



THIS WEEK'S RECIPE

- [Search the UCI Health Healthy Recipe Library](#)



ADDITIONAL RESOURCES

- [Explore the UCI EAP Burnout/Work-Life Balance Toolkit](#)
- [Join the UCI Diabetes Prevention Program](#)
- [Attend one of UCI Health's classes, seminars and support groups at no cost for UCI employees](#)
- [Watch a Wellness Adds Up, motivational video to help enhance personal growth](#)
- [Enroll in a course or certificate program through UCI Division of Continuing Education](#)
- [Subscribe to the UCI Health Live Well Blog Newsletter](#)
- [Access the wide range of health and financial resources and programs aimed to increase wellbeing engagement and awareness for UC employees](#)

**UPDATE
YOUR
TRACKER**



UCI Wellness Listserv. Questions or Comments?

Contact your local Wellness Program Coordinator:

**Campus
Dyan Hall**
O: 949.824.5429
dyhall@uci.edu

**UCI Health
Justin Wang**
O: 714.509.2390
justw11@uci.edu