

## NEW YEAR TIPS

As we start 2024, many of us will have made resolutions. Some of these resolutions will stick around for the year, while others will not make it to Valentine's Day. As I sat down to write this article, I googled the phrase, "New Year's tips." There is a lot of information out there about how to set and maintain resolutions. In goal setting it is important to make the goal simple, achievable, and measurable. For instance, instead of setting a goal to "live in the moment", it would be better to decide to "meditate, for five minutes, at least four times a week".

In starting the new year it also helps to remember that you do not have to set a resolution or have a goal. Life is hard sometimes, and if your goal is simply to get through the day, that is perfectly okay. The most important thing is to treat yourself like someone you love. New starts are good, and a whole new year can be a great time to re-evaluate aspects of your life and make some changes, however it is equally important to do this in a spirit of kindness and compassion toward yourself.

Here's to a 2024 filled with compassion for ourselves and our fellow world travelers.

-Abby Lewis, LMSW



# AFFORDABLE SELF CARE: 3 WAYS TO BLISS OUT ON A BUDGET

As we enter a new year, many of us may have a unique list of things we would like to accomplish by the next one. Despite our different goals, we all have this in common: The need for self-care. It's something that is necessary for us to thrive and be the best versions of ourselves, and we don't need to break the bank to make it happen. You'll find countless lists of ideas online but for the sake of time, we will introduce three main ones.



1. Breathing. It's free. You already do it, and such a good job of it at that. Breathing techniques can allow us to "pull over" and take a moment for ourselves to just be present in the moment.

2. Gratitude. This one is also free, and if you've ever thanked someone or patted yourself on the back, you're already a natural. Sometimes, when life brings us hardships, it can be easy to forget all the people and things that bring us joy. Who/what are you grateful for today? Take a moment to think about it, write it down, or maybe even text them a heart emoji.

3. Audio. Listening to your favorite pump-up song, podcast, or even an audio book can lift your mood during a low time, even if it's just enough to power through the rest of your day. Try putting together a sunny playlist today for a gloomy day later.



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