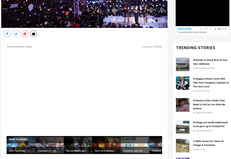
LIFESTYLE

# 8 New Year's Resolutions Worth Keeping

**A Toast To Making Each Year Better Than The Last!**

by Alexandra Cooper, 2 days ago, 2 min read
Top Story Contributor



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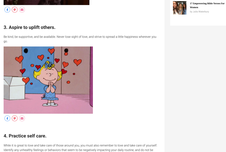
Let go of the past. It's time to start a new year and start with the same cracking question: "What should be my New Year's resolution?" While many of us are truly ready and gain momentumg, it is safe to say that most resolutions fall by the wayside. Why? Because we don't know how to make them stick and we don't know how to make them work year. So, the best way to avoid the bad habit is to find and embrace some new resolutions that are worth keeping all year (and for years to come).

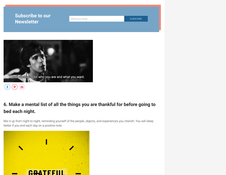
### 1. Set aside more time to spend with family.

No matter how busy the year, never forget to set aside time for the ones you love. Whether it's making a phone call or sending a text to your family members and loved ones, or even taking a day off to spend time with them, it's important to prioritize time, so you can take advice from elders, learn and bond. While many things in this world are temporary, family is the one thing that never ends or changes and is the one thing that is always there.



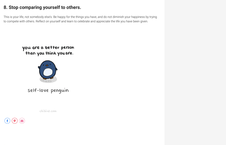
### 2. Stop getting angry over things that don't really matter.

Passion and intensity are wonderful things, but being letting them ruin your relationships with others. Practice Forgiveness and stop holding for reasons to hurt.



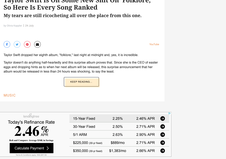
### 3. Aspire to uplift others.

Be kind and respectful, and be a positive. Have love right of love, and strive to spread a little happiness wherever you go.



### 4. Practice self care.

Where is a good to love and take care of those around you, you must also remember to love and take care of yourself! Identify any unhealthy feelings or behaviors that seem to be negatively impacting your daily routine, and do not be afraid to seek help if you are struggling. Embrace healthy ways to help boost yourself, but don't let the you have to go through anything alone.



### 5. Stop apologizing for who you are.

You are perfect because of your flaws. Do not minimize yourself because you are afraid of what the world might say.

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### 6. Make a mental list of all the things you are thankful for before going to bed each night.

Make a gratitude journal, keep reminding yourself of the people, objects, and experiences you cherish. You will sleep better if you end your day on a positive note.

### 7. Embrace empathy.

Empathetic is the power when you be been to see the world from someone else's point of view.

### 8. Stop comparing yourself to others.

This is your life, not somebody elses. Be happy for the things you have, and do not diminish your happiness by trying to compete with others. Reflect on yourself and learn to celebrate and appreciate the life you have been given.




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ENTERTAINMENT

# Taylor Swift Is On Some New Shit On 'Folklore,' So Here Is Every Song Ranked

**My tears are still ricocheting all over the place from this one.**

by Lauren Leonard, 2 days ago
Top Rated

Taylor Swift dropped eight album, "folklore," last night at midnight and yes, it is incredible.

Taylor doesn't do anything half-heartedly and this surprise album proves that. Since she is the CEO of reader eggs and dropping hints as to when her next album will be released, this surprise announcement that her album would be released in less than 24 hours was shocking. In say the least.

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# 8 Sustainable Fashion Brands Every College Student Should Have On Their Radar

**Increasing freshmen are definitely going to want to know about these.**

by Jessica Lynn
Senior Contributor

Original

Dear Incoming College Freshmen,

When your orientation leaves and your older friends tell you not to overpack for college, really take their advice, because you will not be wearing everything you brought with you.

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POLITICS AND ACTIVISM

# Athletes Are Kneeling Again, Here Are 5 Ways We Can Respond Better Than We Did In 2016

**Protests during the national anthem are being widely revived, but we need to do better in how we respond to them this go-around.**

by Shannon Chatham, 1 day
Offbeat Mom

WHAT'S YOUR TAKE

As free speech are returning in America amidst a pandemic and a renewed fire for social change, athletes across the American sports spectrum are amplifying their voices in different ways. Nevertheless, kneeling during the playing of the national anthem is set to be the most popular form of protest throughout the, at least, 2020 NFL season. It has also made an appearance this summer at Major League Baseball contests and the WNBA/NFL team.

This form of protest, initiated by former NFL quarterback Colin Kaepernick in 2016, was widely criticized as its connotation and is still dismissed by some as "disrespectful" to the flag. However, since these protests are intended to raise awareness for admirable causes, here are five ways we as a country can better respond in 2020 that we did four years ago.

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# 11 Reasons 'folklore' May Be Taylor Swift's Best Album Yet

**Not sure if I'm quite ready to let go of my dear darling "Lover" just yet, but I'm starting to get a little nervous that this new album has officially stolen my heart.**

by Lauren Leonard, 2 days
University of Illinois at Urbana-Champaign

Original

Remember when were just hoping that she would hopefully drop "Cruel Summer" as a single? Little did we know, Taylor Swift was cooking up a whole new album that would be one of our minds, stolen of the decade. Taylor Swift was cooped up in her home shelling a masterpiece.

Last Friday, unexpectedly Swift dropped what is arguably the most emotional, vulnerable, and mature album she has ever released. Although I'm not quite ready to let go of my dear darling "Lover" just yet, I'm starting to move slow before "Folklore" is her rightful album, and it's just as far beyond her most recent album "Lover" as "Lover" was its predecessor "Reputation." There is not a song song to be found. All the tracks is acoustic, the lyrics are poetic, and the melodies are to die for. Swift's voice is more mature than it has been in her previous releases. Yet in the end, it still has that Taylor Swift-ness that we all love in just like all her past albums have had.

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# I Didn't Believe In Love Until I Met My Boyfriend, And Now I Hope To Spend The Rest Of My Life With Him

**My gym class square dancing partner would become the guy who taught me how to love.**

by Maddie Rogers, 2 days ago, 2 min read
The Ville Contributing Writer, Fall Arts Editor

Maddie Rogers

Original

Smoking, my love kind of seemed like a lost causes to me and I really didn't believe in it.

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SNOW

# The Ultimate 'Text Or Drink' Game To Spice Up Your Next Girls' Night In With Your Single Friends

**Things are about to get interesting...**

by Lucy Hall, 2 days ago

Annmarie Gunter Original

Girls' nights are some of the best nights and especially while there's a pandemic, staying in and social distancing with your girlfriends is the best way to have a night out. Nothing is better than a night with your besties you can watch before those girls nights or just sitting the couch. So, use your single friends if they're down to spice it up a bit with a little drinking game.

What's the name of the game? "Text or Drink." Here's how it works:

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SINGLE LIFE

HEALTH AND WELLNESS

# 5 Toxic Messages Diet Culture Preaches, And 5 Things You Can Actively Do To Change Them

**Changing my mindset on diet culture, my relationship with food, and my feelings about my body one delicious meal at a time.**

by Jessica Lynn, 2 days
University of Illinois at Urbana-Champaign

Offbeat

Many of you know that I may be the biggest foodie to ever walk the planet. I'm constantly thinking about what my next meal consists of and how I can make it healthier. But what I'm also trying to do is be kinder to myself and my body. I know that I have a lot of work to do when it comes to my mental health. I blame part of it on my own mental health and corporate tendencies which I have been continuing to work through, but I also blame it on the toxic messages that I have been fed by diet culture.

Diet culture, while meant to originally encourage healthier living for all, has instead compelled people to strive for an unattainable body type and has promoted unrealistic lifestyle choices.

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HEALTH AND WELLNESS

# As A First Generation, POC American, My Mental Illness Story Has Plenty Of Obstacles

**Mental illness doesn't discriminate.**

by Aurora Lim, 2 days, 2 min read

Original

I haven't all the time after my first attempt of trying to speak up about my self-diagnosed depression to my mother.

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# Sen. Cotton, I'm A Teacher, And The 1619 Project Isn't A Bad Idea If You Want To Teach History

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# Properly

## This isn't about white history, it's about teaching history properly.

by Brianna Cicero | 24 July
Aspiring Journalism Professionals

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Sen. Tom Cotton clearly doesn't understand history, or at least doesn't understand that white history isn't the only history in the world. Cotton just proposed a bill that opposed using federal funding for The New York Times' 1619 Project, a series of essays that aims to reframe and reshape the way history is taught in schools and frame the historical narrative around the date of August 1619 when the first slave ship arrived.

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# 15 Black-Owned Tech Companies Bound To Make Every Aspect Of Your Life Significantly Easier

## These CEOs are killing the game.

by Taylor Huang | 24 July
Syracuse University

Unsplash

As an Information Sciences student, I've always been intrigued by the startup culture in the tech industry.

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# 7 Curve-Friendly Lifestyle Bloggers And Models EVERYONE Should Be Following on Instagram

## These women show us that beauty doesn't stop at a size ten.

by Brittany Morgan | 24 July
Aspiring Journalism Professionals

@stylepluscurves

So, it's no secret that the fashion and beauty industries are finally starting to realize that beauty doesn't begin at a size two and stop at a size ten. For the past couple of years, the fashion industry has really started to rally behind women, (and men, too), of all shapes and sizes, and for that, all of us can be eternally grateful.

With that being said, if you're anything like me, you're probably not a size two or four, and you're probably looking for some curvy Queen inspiration from someone who looks more like you do than say, Gigi Hadid. (Not that she isn't absolutely gorgeous in her own right.)

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