PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M AGRILIFE EXTENSION

January 2025

New Year New Start!

Happy New Year! Now, with the New Year upon us, it is time to focus on you. As we think of New Year's resolutions, we naturally reflect on self-improvement – whether it's healthy eating, exercising more, or learning a new skill or hobby. It's important to approach these goals in a manner that promotes good mental health and well-being and maximizes our chances of sticking with them. Enclosed are a few tips to help make your goals more realistic and make sure you follow through with your New Year's resolutions. This year, let's also look into some of the great AgriLife healthy living programs to help make your **2025 NEW YEAR NEW START** a success!

Lizabeth Gresham

Path to Realistic Resolutions

It's Time For New Year's Resolutions!

Be specific and realistic about your 2025 New Year goals: It's natural to want to start a new year by changing everything. But you'll have better success f you limit the number of New Year's resolutions you make. By being specific about your wellness goals and realistic about what you hope to achieve, you can focus on measurable, attainable results.

Don't punish yourself for not being perfect. Don't punish yourself if you're having a hard time establishing new health goals. Studies show that people who are self-compassionate are actually more motivated to improve themselves. Be gentle, forgive yourself, and start again.

Be grateful for each mini-goal you achieve. When it comes to new goals/ resolutions, progress takes time. Focus on setting and achieving mini-goals—and when you do, take time to appreciate your hard work and dedication. Research shows that cultivating and expressing gratitude builds self-esteem and resilience, two qualities that will reinforce your progress forward.

Path to Self-Care-Sleep!

Create Healthy Sleep Habits

If you've ever woken up and hit your snooze over and over, then you understand how poor sleep can be related to mental and physical health: you're grumpy, you can't focus, you're exhausted and want to crawl back under the covers. Not surprisingly, being regularly short on a good night's sleep can eventually take a toll.

Poor sleep is linked with hypertension, diabetes, and obesity, depressive symptoms, physical illness, and fatigue. Adopting healthy sleep habits can improve your ability to fall asleep and stay asleep. Here are a few sleep strategies to help you make sleep a priority for your mental and physical health for 2025.

- Wake up at the same time every day – even on weekends.
- Don't go to bed unless you feel sleepy.
- After 20 minutes, if you can't get to sleep, do a quiet relaxing activity.
- Avoid caffeine for at least 4 to 6 hours before going to bed.
- Avoid consuming alcohol before bedtime.
- Try meditating in the evenings.
- Avoid taking naps, to ensure you are tired at bedtime.
- Try some light stretching or breathing exercises 15 minutes before bedtime.
- Eat healthy and exercise regularly.
- Limit electronics before bed.

https://www.jfcsaz.org/jfcs-in-the-news/2023/january/5-self-care-goals-

Path to Clear the Clutter!

NEW YEAR NEW START with a clutter free home!

Try this method and start your new year out fresh and free.

DECLUTTER Your Home using the 5 BOX METHOD

Keep items you need or use regularly and have space for

Donate items that are in good condition and worth giving to your favorite charity or the Goodwill

Sell items in good condition that are worth more than it would cost to organize the sale. If you know you're unlikely to get around to it DONATE IT!

Store items that you don't use regularly but you can't part with. Only keep what you have the available storage space for

Trash items that do not meet selling or donating standards. Don't hold on to items you know you will never get around to fixing, selling or donating

Path to AgriLife Active Living

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AgriLife Active Living Programs are FREE!

Go to: howdyhealth.org and get all the information to start your

New Year New Start TODAY!

Walk Across Texas

Walk Across Texas is an 8-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to walk the 832-mile goal. It is the perfect walking program for beginners! Ready to take on the step challenge? Grab your co-workers, friends, and family and get walking.

Walk Through Texas History

Walk Through Texas History is a 4-week walking program designed to help Texans establish the habit of regular physical activity while learning the rich history of Texas. Each adult team may include up to 8 members, all working together to reach designated goals while following along legendary historical paths created by fellow Texans. Ready to get active and make history? Register below to begin your walk through Texas history!

Walk Across Texas Youth

Walk Across Texas Youth is an 8-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach. Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles. We recommend this program for schools, after-school clubs, 4-H clubs, and more! Adult staff and teachers can also create adult teams to compete against the youth.

10 & 10,000 Change Challenge

The 10 &10,000 Change Challenge is a simple health program for individuals. Progress gradually through 4 stages over 100 days toward an independent, sustainable, and healthy lifestyle. A simple web app kick starts and helps you achieve the end goal of eating 7 to 13 servings of fruits and vegetables, as well as walking 10,000 steps per day. Complete 3 Tip Task videos during each stage to help you change your behavior for the better.

Contact Your County Extension Agent to learn more and start your

New Year New Start Health Journey!

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"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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DINNER TONIGHT HEALTHY COOKING SCHOOL TEXAS A&M AGRILIFE EXTENSION

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dinnertonight.tamu.edu

New Year New Start Recipe!

DINNER TONIGHT HEALTHY COOKING SCHOOL TEXAS A&M AGRILIFE EXTENSION

Spiced Chili Nuts

Ingredients

- 1 Tablespoon water
- 1 egg white large
- 2 Tablespoons honey
- 2 1/4 cups unsalted mixed nuts
- 1 teaspoon smoked paprika
- 1 teaspoon cumin ground
- 1 teaspoon coriander ground
- 1/2 teaspoon chili powder

Directions:

Preheat oven to 300 degrees Fahrenheit.

Whisk water, egg white, honey in a large bowl. Add nuts and toss well to coat. Add the next 5 ingredients and make sure the nuts are coated evenly.

Spread nuts on a 9X13 inch baking pan and bake for 15-25 minutes. Enjoy!