



Wellness Tips to Make New Year's Resolutions Attainable

Add more fruits and vegetables at each meal. Consuming a variety of colored fruits and vegetables have shown to promote longevity disease prevention, and overall wellness.

Keep healthy snacks near you at all times. When healthy food is near, it's easy to forgo the salty and sweet cravings.

Add one new healthy food each week. Eat them raw, sautéed, baked, and/or grilled.

Drink plenty of water. Drinking water has benefits that include increasing energy, flushing out toxins, improving skin complexion, and boosting immunity.

Start your morning with a hydrating warm drink. Drink warm water with lemon, or apple cider vinegar drinks before your morning coffee and breakfast for instant energy.

Experiment with spices. Studies show that antioxidants in spices such as cinnamon, turmeric, and garlic have been linked to lower inflammation.

Add beans to everything. Beans are high in fiber and provide protein.

Examine your beauty regimen and substitute new, green products when you run out of your old ones.

Use wholesome and natural items for beauty products.

Use wholesome and natural items for household cleaners. Substitute vinegar and water to clean countertops and baking soda to cut grease rather than strong, toxic cleaners.

Add essential oils to your beauty regimen. Many people use essential oils for their calming and anti-bacterial healing benefits.

Be active daily. Aim for 30 minutes of activity daily. Break it up throughout the day. Many studies show that walking daily promotes disease prevention.

Find a workout buddy and set goals together. Power walks or drives to classes can be social and provide support so that you stick to your goals.

Find inspirational space and recharge. Give yourself a few minutes each day to recharge. Create a space in your home or office where you feel calm.

Greater Good Magazine

Greater Good is a nonprofit magazine that turns scientific research into stories, tips, and tools for a happier life and more compassionate society.

The Greater Good's ten building blocks of individual and community well-being are: Altruism, Awe, Compassion, Diversity, Empathy, Forgiveness, Gratitude, Happiness, Mindfulness, and Social Connection.

Keep up with their Happiness Calendar, our guide to more connection, compassion, and kindness each month by visiting:

<https://greatergood.berkeley.edu/>

Chickpea Miso Soup

Makes 4 Servings

1 medium leek	2 cups Chickpeas
2 cups carrots	1 quart water
1 tbsp. chickpea miso	Fresh parsley (optional)

Wash and cut vegetables. Add all ingredients in a saucepan and boil for 45-minutes. Turn off heat and let cool for 15-minutes.

Blend 5-seconds for chunky smooth consistency, blend longer for smooth liquified soups.

Serve garnished with fresh parsley.

HAPPY NEW YEAR