

Building Healthy Habits in 2025

The new year is the perfect time to start building some healthy habits!

HOW: Here are some tips for writing your new year's goals:

- Set goals that are realistic. Start small to avoid getting overwhelmed.
- Think about what is important to your own life. Set goals based on what you think is best for you.
- Write them down and refer to them often.
- Celebrate your successes! Even small, healthy changes in routine are a step in the right direction.

Here are some ideas for healthy habits to build in 2025:

- Reduce your screen time. Giving your brain and eyes a break has many health benefits.
- Increase your social connection. Make extra time to see loved ones, such as family and friends.
- Volunteering in your community. Many organizations are in need of volunteers. Try something new and make a difference in your community!
- Focus on a healthy diet. Meal planning and preparation can be helpful for a nutritious diet.

FCSS Counsellors support residents set goals and navigate life's challenges. For more information about FCSS programs and services or to book an appointment, please visit our website at www.fcss.ca or call (587) 370-3728.



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