



## **A New Year approaches... looking back and looking forward...**

As stressful as life has been this year and as difficult as it has been for many around the world, somehow there are still wonderful interludes, lingering moments and quiet respites that show up in our lives. Would that we could multiply those to be here more often! What does it take to do just that?

Here are some basic pointers for the New Year:

1. **Take a breather.** Literally, stop what you are doing for 60 seconds and breathe deeply with your eyes closed. Make it a habit to stop once every hour for a silent 60 second break.
2. **Do one thing at a time.** Stop multi-tasking for a half hour each day and simply focus on the task at hand. Defer the other things that come up until that time has passed.
3. **Move that body!** Do some kind of exercise every day even if it is only for 5 to 10 minutes. Go for a short walk, up and down the stairs a few times, or just turn on some music and dance. Think of it as preventative maintenance.
4. **Feed yourself a healthy diet.** This is more than just the food you eat. Be aware of what you listen to, read, and watch. Pay attention to how these things affect you and choose what is healthiest for you.
5. **Pay attention.** Pay attention to the person you are with right now. Listen carefully to what that person is saying. And then respond respectfully, honestly and sincerely.
6. **Spend some time doing something you love.** Whether it is a hobby, an excursion or a get-together, make time on a regular basis to do that special something that revitalizes your life and feeds your soul.
7. **Give to a worthy cause.** The cause is yours to choose. Pick something that rings true in your heart: an organization or a person, global or local, popular or unnoticed. How much and what you give likewise comes from the heart. Service, experience or prayer, there are many ways to give.
8. **Smile.** If you are looking for a good time start right here. Share a smile. Studies show that smiling triggers happiness by evoking a cascade of neurotransmitters in the body that register good feelings. Smiles are contagious and each one encourages another.

***Have a Happy New Year!***

**May you see it as filled with a multitude of fresh new moments...  
and may many of them be happy.**

