



5 RESOLUTIONS FOR BETTER WELL-BEING



1. Walk the Earth. Studies have shown that regular, direct contact with the earth is beneficial. Also known as “earthing”, the key is to walk barefoot on natural surfaces, such as grass, sand, or dirt trails. Benefits include sleeping better, less chronic pain and even lower blood viscosity, which can help retain healthier blood flow throughout your body. The earth is full of natural energy. When we connect directly with it on a regular basis, there’s a positive energy exchange. Learn more about the health benefits of walking barefoot on the earth with this article by **Mind Body Green**.



2. Mindful Eating. Being mindful as to what and how you eat can lead to a healthier lifestyle. Mindful eating incorporates making purposeful food choices, with putting aside distractions such as cell phones or the TV. When you eat at a slower pace, digestion works better. Mindful eating has even been found to be an effective way to help people overcome eating disorders, as reported in this **Huffington Post Article**. Another major benefit is how mindful eating can keep you in better touch with your own body. This makes it easier to recognize feelings of fullness and hunger, allowing you to be more in control of your daily diet with ease



3. Pay it Forward with Kindness. We all know the idea of Pay it Forward, doing something helpful and good for someone else with no expectation of a ‘reward’ back. Inspired by author Catherine Ryan Hyde’s book, the idea of paying it forward is to foster a more caring society through acts of kindness among strangers. Being kind is itself a reward, bringing with it a deeper sense of worth and connection to others. Make 2018 the year to pay it forward, one small act can create a ripple, which turns into a wave of love and caring. The **Pay it Forward Foundation** is a great place to begin



4. Unplug- We live in a digital, high speed world. As massage therapists, we know the benefits of taking a break to relax and unwind. But when was the last time you really unplugged? Some easy ways to unplug include reading a book, cooking a meal, gardening and taking a walk. One of the best ways to do this is with regular meditation. Just 5 or 10 minutes a day can enhance your overall wellbeing. **Moving meditations** such as yoga, tai-chi, or walking the earth are helpful in reaching an in-the-present meditative state. You can also “mostly-unplug” with various apps, such as **Headspace** or **Calm**, with guided meditations that are readily accessible when ever you have a few minutes to give yourself a break.



5. Learn Something New. An active mind is a healthy one, and when we learn new things, we’re keeping our minds active. Whether it’s time to take a new **DeepFeet Bar Therapy** course, discover a new hobby, or pick up a new book to read, learning something new does more than just expand your knowledge base. Learning helps build more self-confidence, as it widens your own personal point of view and can enhance your own creative and critical thinking. As noted in this **LifeHack** article, The more we learn, the more we experience, and the more we’re better able to connect with the world around us, and our own selves, in the ongoing pursuit of living life to its fullest. Whatever your New Year Resolutions may be, we hope you have an incredible and successful 2018. Be in the moment, connect with yourself and enhance your own well-being!

