Celebrating the **HOLIDAYS**

New Year's Resolutions From A to Z

Not all New Year's resolutions consist of goal setting, timelines, and diaries to keep track of progress. Some of the best resolutions are the simplest. The following are some practical and fun resolution ideas to help you start the New Year right:

Arrive five minutes early for appointments.

Budget your finances.

Conserve energy.

Do someone a favor.

Exercise and eat right.

Floss after every meal.

Go bicycling.

Have a garage sale.

Indulge in an occasional manicure or massage.

Join a social club.

Keep your promises.

Laugh at least once every day.

Maintain a healthy weight.

Negotiate when you disagree with someone.

Open a savings account.

Plant trees.

Quit smoking.

Recycle.

Start a monthly reading club.

Toss out things you don't need. (Better yet, donate them to charity.)

Understand and appreciate diversity.

Volunteer time with a nonprofit organization.

Write letters to your family and friends.

Xerox your letters and send them to more family and friends!

Yield the right of way in traffic.

Zzzzzzzzzz—Get plenty of sleep.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.

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