

New Year's Resolutions



Express Yourself Artistically

You don't have to be a rockstar or a masterwork painter to tap into artistic means for self-expression and personal growth.

Whether you're a seasoned artist or someone who has always wanted to explore their creative side, 2025 presents an opportunity to dive into the world of artistry and unleash your imagination. From traditional mediums like painting and drawing to more forms such as sculpting, photography, writing, singing, acting and even cooking, there's something for everyone to try. The key is to let go of self-doubt and embrace the joy of experimentation.

If you are pursuing a visual art, you can unlock your creativity by creating a dedicated space for artistic endeavors. Whether it's a corner of your home transformed into a studio or simply a quiet spot where you can sit with your thoughts and a sketchbook, having a designated area can help foster inspiration and focus. Surround yourself with tools and materials that inspire you, whether it's a set of watercolors, a block of clay or a blank canvas waiting to be filled.

Mania recommends joining a creative community such as a Facebook group where you can connect with like-minded creators, collaborate on projects,



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participate in challenges or attend virtual meet-ups. Many communities offer classes where you can learn more about an art and connect with others.

An important aspect of embracing artistic expression is to let go of perfectionism. Art is not about creating flawless masterpieces; it's about the process of exploration and self-discovery. Allow yourself to make mistakes and learn

from them, and don't be afraid to take risks and try new things. Remember creativity thrives in an environment free from judgment and self-criticism.

Consider branching out into new or unconventional mediums. Experiment with digital art software, explore the world of mixed media collage or try creating art installations or performance art pieces.

Embracing artistic

expression in the new year isn't just about creating art for art's sake; it's also about using creativity as a tool for self-expression and personal growth. Art has the power to heal, inspire and connect us with others, and by tapping into your creative side, you can discover new ways of understanding yourself and the world around you.

As you embark on your creative journey in the new year,

remember to be gentle with yourself and to celebrate your successes, no matter how small. Whether you're a seasoned artist or a beginner, the most important thing is to keep exploring, experimenting and embracing the joy of creation. With each brushstroke, word written or melody composed, you'll be unlocking new depths of creativity and discovering the boundless potential that lies within you.

Explore Outdoors

You're never too old to play outdoors. It isn't just children who benefit from getting outside.

Making room for outdoor adventure and exploration in 2025 is a resolution that can contribute to overall health and well-being. The U.S. Forest Service reports that being outside promotes physical and mental wellness and they have the stats and research to prove it. Creating natural spaces for people to enjoy can make for better communities. The Forest Service said communities with greening initiatives reduce crime by 13% and residents have feelings of depression reduced by 41%.

"We've found in neighborhoods that receive tree plantings or other greening initiatives, that people tend to have better attitudes towards their neighbors," said Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station, "which in turn often results in better relationships."

ShaNay Norvell, a certified fitness instructor, told Piedmont (a Georgia health care facility) that there are many benefits to exercising outdoors:

- It serves as a natural anti-depressant because sunshine helps to produce serotonin.
- It challenges your body.



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- It makes you more likely to stick with it.
 - It provides mental relief.
 - You can turn it into a social outing.
 - It's free.
 - It can be a team-building experience.
- Embracing outdoor

exploration in 2025 is not merely about venturing into the wilderness; it is about immersing oneself in nature's grandeur and finding solace, inspiration and rejuvenation amidst the tranquil expanse of forests, mountains and oceans.

"The physiological response to being outside in nature is real, and it's measurable," said Kondo. "There are many physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in

the body, mind and community."

For many, the allure of outdoor exploration lies in the thrill of adventure and the opportunity to push personal boundaries. Whether it's conquering a challenging hiking trail, navigating a white-water rafting excursion or embarking on a multi-day camping expedition, the promise of adrenaline-fueled escapades beckons adventurers to new heights of exhilaration.

As people traverse lush forests, scale towering peaks and bask in the serenity of secluded beaches, they are reminded of their place in the vast realm of existence and the intrinsic interconnectedness of all life. It can foster a sense of stewardship and reverence for the environment. As individuals witness the beauty of nature and the delicate balance of ecosystems, they are inspired to become advocates for conservation and sustainable living.

There are endless avenues for adventure, from leisurely strolls through tranquil gardens to heart-pounding excursions into untamed wilderness. Whether it's embarking on a sunrise hike, kayaking along pristine waterways or basking in the warmth of a sun-drenched meadow, the possibilities for outdoor adventure are as diverse as the natural world itself.

As the calendar turns to 2025, heed the call of the wild and embrace outdoor exploration as a cornerstone of New Year's resolutions.

Build Meaningful Connections

Family isn't always easy. Loving each other doesn't mean always getting along, agreeing or even being comfortable with each other. All of that can take work.

The new year can be a time to foster deeper relationships with loved ones, creating a foundation of support, love and understanding.

In an age defined by digital distractions and fast-paced living, the importance of family has never been more pronounced. Strengthening family bonds in 2025 is not merely about spending time together; it is about cultivating meaningful connections rooted in empathy, communication and shared experiences.

Family helps people to have a sense of belonging and to help them understand who they are. PM Pediatric Care wrote, "When family members engage in activities together and share experiences, it reinforces their collective identity. This helps to shape individuals' values, beliefs and cultural heritage, providing a profound sense of purpose and belonging."

Recognizing that family relationships are a key factor in a person's wellbeing, the Department of Homeland Security offers advice on strengthening family



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relationships as part of its employee resources. They point out that it takes time and focus to bond with one's family. They recommend the following:

- Work on good communication skills.
- Establish traditions, values and goals together.

- Try new things together.
- Connect with distant family members.
- Stay active.
- Laugh together.

Carve out time for intentional quality togetherness. Whether it's gathering around the dinner table for a home-cooked meal, embarking on

weekend adventures or simply engaging in heartfelt conversations, carving out dedicated time to connect with loved ones fosters a sense of belonging and unity.

Moreover, fostering open and honest communication within the family unit builds trust and understanding. By

creating a safe space where each member feels heard, valued and respected, families can navigate challenges with grace and empathy, deepening their bonds in the process.

Shared experiences play a pivotal role in strengthening family bonds. Whether it's embarking on a cross-country road trip, volunteering together in the community or participating in a family game night, creating lasting memories fosters a sense of camaraderie and belonging that transcends time and distance.

Embracing traditions and rituals can serve as powerful anchors that bind families together across generations. Whether it's celebrating holidays, marking milestone events, or honoring cultural heritage, these shared rituals create a sense of continuity and connection, grounding families in a shared sense of identity and belonging.

As the world continues to evolve at a rapid pace, the importance of strengthening family bonds becomes increasingly evident. In an era marked by uncertainty and upheaval, the support and love of family provide a source of comfort and stability, guiding people through life's challenges and triumphs.

As individuals embark on their journey into 2025, they are encouraged to prioritize building meaningful connections with their loved ones, fostering a sense of belonging and unity that will endure for generations to come.

Navigating Work-Life Harmony

While the pursuit of work-life balance isn't new, it has taken on increasing importance since the COVID-19 pandemic.

People are no longer just paying lip service to the concept, they are actively seeking out a way to ensure their personal well-being gets just as much attention as their professional responsibilities.

The concept of work-life balance has evolved into a more nuanced understanding of work-life harmony. Rather than striving for a perfect equilibrium between work and personal life, individuals are seeking to integrate the two in a way that promotes overall well-being and fulfillment.

WebMD stresses the importance of finding this balance as overworking can take a toll on one's mental health. It can lead to limited tolerance/volatile tempers, fatigue, poor health, higher stress levels, lost time with friends and family and poor sleep.

At the heart of finding balance lies the importance of setting boundaries and establishing priorities. By delineating clear boundaries between work and personal time, individuals can carve out dedicated moments for relaxation, leisure and self-care. Whether it's designating specific hours for work-related tasks or unplugging from



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digital devices during family or leisure time, setting boundaries is essential for maintaining a healthy balance between professional and personal commitments.

In the hustle and bustle of daily life, it's easy to neglect one's physical, mental, and emotional health. However, prioritizing self-care practices such as exercise, meditation, adequate sleep and healthy nutrition can significantly enhance overall well-being and resilience in the face of life's challenges.

Fostering open communication and collaboration in the

workplace is essential for promoting work-life harmony. By cultivating a culture of flexibility, understanding and support, employers can empower their employees to achieve a better balance between their professional and personal lives. Flexible work arrangements, remote work options and wellness programs are just a few examples of initiatives that can promote work-life harmony.

WebMD recommends talking to a supervisor when feeling challenged by work or overburdened. They encourage people to avoid

complaining but instead to communicate calmly and clearly and be ready share ideas and solutions. Every so often, take time off. Vacations can help a person be more focused and productive when they return to the job.

Embracing technology mindfully can contribute to achieving balance in the digital age. While technology has undoubtedly revolutionized the way we work and communicate, it takes diligence to use it in a way that enhances productivity and well-being rather than detracting from it. By setting boundaries around

technology usage and adopting digital detox practices, individuals can reclaim control over their time and attention.

As individuals embark on their journey towards finding balance and navigating work-life harmony in the New Year, they'll find that the pathway to achieving balance is an ongoing process that requires intention, self-awareness and flexibility.

Finding balance and navigating work-life harmony is a journey that requires conscious effort and commitment.

Have a Mentally Healthy Year

As the world comes to a better understanding of the effects of trauma and the need for better mental health, fostering resilience has grown as a priority.

Resilience is the ability to cope with and recover from crises and difficulties. Building resilience involves equipping oneself with the tools and strategies to bounce back stronger from difficult times. Cultivating mental resilience is crucial for overall well-being and navigating life's fluctuations with grace.

The American Psychological Association has published numerous studies that show resilience can be developed and the skills associated with it practiced. They stress that resilience isn't about avoiding emotional pain and stress. Rather, they warn, resilience is likely to involve emotional distress and difficulty.

APA says fostering resilience is like building a muscle. It takes time and involves focusing on four core components: Connection, wellness, healthy thinking and meaning.

CONNECTION

Connection involves finding trustworthy and compassionate individuals and spending time with them. Whether it involves leaning on friends and family for emotional support or



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seeking guidance from mental health professionals, therapy, counseling and support groups offer valuable resources for managing stress and other challenges.

WELLNESS

Wellness includes incorporating self-care into daily routines. This entails dedicating time

each day to activities that nurture the mind, body and spirit. Whether through mindfulness meditation, nature walks or quality time with loved ones, finding moments of calm and connection aids in recharging and building resilience.

It also means avoiding negative outlets such as alcohol, tobacco or drugs which can

make things worse in the long run.

HEALTHY THINKING

Furthermore, fostering self-awareness and self-compassion plays a crucial role in prioritizing mental health. By observing thoughts, feelings and behaviors without judgment and treating oneself with

kindness, individuals can develop resilience and navigate setbacks with greater ease.

APA recommends keeping things in perspective, accepting change, maintaining a hopeful outlook and learning from your past.

MEANING

Another way to achieve better mental health is by setting healthy boundaries and prioritizing personal needs. This may involve saying no to draining commitments and yes to activities that bring joy and fulfillment, thus safeguarding mental well-being.

Finding purpose and meaning helps to build long-term resilience. This might entail helping others through volunteering, which can be an empowering act. Self-discovery is another step on the journey, especially when it leads a person to being pro-active and coming up with solutions to the difficulties they encounter.

APA says both setting and moving toward goals and looking for opportunities for self-discovery can help foster resilience. Both can help a person grow from the struggles, tragedies and hardships they experience.

Building resilience is an ongoing process that requires patience, perseverance and self-compassion. While setbacks are inevitable, being gentle with oneself and staying committed to mental health priorities can lay the groundwork for greater well-being and fulfillment in the new year and beyond.

Decluttering for Peace of Mind

Finding peace of mind often begins with simplifying one's living space through decluttering and organizing.

As individuals usher in the New Year, the desire to create a harmonious and tranquil environment becomes a top priority, prompting many to embark on a journey of decluttering and simplification.

Decluttering is more than just tidying up — it's a deliberate process of letting go of possessions that no longer serve a purpose or bring joy. From clothes and household items to sentimental knick-knacks, decluttering involves assessing each item's value and deciding whether to keep, donate or discard it. By decluttering our physical surroundings, we can create space for clarity, creativity and peace of mind.

The benefits of decluttering extend beyond the physical realm to encompass mental and emotional well-being. Studies have shown that cluttered environments can contribute to feelings of stress, anxiety and being overwhelmed. Conversely, a tidy and organized space can promote a sense of calmness, focus and productivity. By simplifying our surroundings, we can reduce mental clutter and create a more conducive environment for relaxation and rejuvenation.



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Organizing is the next step in the decluttering process, as it involves arranging items in a systematic and functional manner. From implementing storage solutions to creating designated spaces for specific items, organizing helps maintain order and efficiency in our living spaces. By establishing organizational systems that suit our lifestyle and preferences, we can streamline daily routines and minimize time spent searching for misplaced items.

When decluttering and organizing, it's essential to adopt a

mindful and intentional approach. Rather than attempting to tackle the entire home in one fell swoop, breaking the process down into manageable tasks can prevent overwhelm and ensure steady progress. Starting with small areas such as a single room or even a drawer allows for incremental achievements and builds momentum over time.

Moreover, decluttering and organizing offer an opportunity for introspection and self-discovery. As we sift through our belongings and make decisions about what to

keep and what to let go of, we gain insight into our values, priorities and aspirations. Letting go of excess possessions can be liberating, allowing us to cultivate a deeper appreciation for the things that truly matter in our lives.

In addition to enhancing our physical and mental well-being, decluttering and organizing can also have positive environmental effects. By reducing consumption and minimizing waste, we contribute to sustainability efforts and lessen our ecological footprint. Donating unwanted items to

charitable organizations or recycling materials promotes resource conservation and supports community initiatives.

As individuals embrace the New Year, simplifying their living spaces through decluttering and organizing becomes a powerful tool for cultivating peace of mind and well-being. By letting go of excess, creating order, and fostering mindfulness in our surroundings, we can create a harmonious and tranquil environment that nurtures our body, mind and spirit.

Exploring Eco-Friendly Living

With ongoing environmental challenges, 2025 brings with it a renewed focus on exploring eco-friendly living and embracing sustainable resolutions for the planet.

As people reflect on the effect of their actions on the environment, there is a growing sense of urgency to adopt practices that promote conservation, reduce waste and mitigate climate change.

At the heart of eco-friendly living lies a commitment to minimizing one's carbon footprint and embracing sustainable practices in everyday life. From reducing energy consumption to minimizing waste and supporting eco-conscious initiatives, there are myriad ways individuals can contribute to a more sustainable future for the planet.

Green Citizen suggests making a list of 12 eco-friendly goals and then tackling one each month throughout the year. They recommend setting a calendar reminder with each goal so that the sustainable resolutions will be with you throughout the year.

One resolution individuals can make is to reduce their energy consumption and embrace renewable energy



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sources. By making simple changes such as switching to energy-efficient appliances, installing solar panels and reducing unnecessary energy use, individuals can significantly decrease their carbon emissions and lessen their environmental impact.

Green Citizen points out there is a lot of phantom

energy use that happens when devices are left plugged in. Such things as televisions, cable boxes, game consoles and chargers all draw power even when turned off. They recommend either unplugging these devices when not in use or connecting them all to a power strip that you can switch off. They say that this

can save as much as 20% of your electric bill.

Embracing sustainable transportation options is another key aspect of eco-friendly living. From carpooling and biking to using public transportation and investing in electric vehicles, there are numerous ways individuals can reduce their

reliance on fossil fuels and promote cleaner air and reduced greenhouse gas emissions.

Minimizing waste is another crucial component of eco-friendly living. By practicing mindful consumption, avoiding single-use plastics and prioritizing recycling and composting, individuals can significantly reduce the amount of waste that ends up in landfills and oceans, thereby preserving natural ecosystems and wildlife habitats.

LoadUp Junk Removal put together a series of 24 eco-friendly New Year's resolutions that offer specific steps for the general ideas described above. They include such things as becoming a better driver, planting a garden, composting lawn trimmings and organic food waste, using eco-friendly junk removal, using rechargeable batteries, shopping local, upgrading to low-flow toilets, avoiding fast fashion and using reusable grocery bags.

Supporting eco-conscious initiatives and advocating for sustainable policies at the local, national and global levels are essential for effecting systemic change and addressing environmental challenges on a larger scale. Whether it's supporting renewable energy projects, participating in community clean-up efforts or advocating for legislation that promotes sustainability, individuals have the power to make a difference through collective action.