



Keeping up with New Year resolutions

Almost two months into the New Year, are you still sticking to your new year resolutions?

It's pretty common that people maintain their resolutions the first week of January, some manage to sail through the entire first month but most give up as time goes by. New Year resolutions can be hard to keep and may actually end up causing stress, disappointment and anxiety.

This happens when resolutions are unrealistic and unachievable often with a short deadline. For many when results don't happen or take time, it can be easy to lose hope and even interest.

Several health and wellbeing providers analysed New Year resolutions for 2023 and found physical wellbeing or exercise topped the chart.

The most popular resolutions for 2023:

- To do more physical activity or exercise
- To lose weight and eat more healthily or improve nutrition
- To stress less
- To make more money or chase financial freedom
- Get more sleep

In order to avoid stress and disappointment, make sure you set goals which are unique to you, achievable and long term. More than half of New Year's resolutions fail because they aren't planned well.



How to keep up (or reset) New Year resolutions



Slow and steady wins the race

Try and create long term deadlines for your resolutions. Too much pressure within a short time frame will eventually make it difficult to reach your desired goal.



Be realistic

Evaluate your potential and then set realistic goals for yourself. Copying others won't help; recognise what you can (and cannot) do.



Break down larger goals

There is no harm in setting larger goals but the trick is to break them down into small achievable targets. For example if you plan to lose 10kg in six months, make shorter resolutions and work towards losing a minimum of 1-2kg a month.



Easy beans

Try out this delicious low calorie, protein rich recipe. It's great with toast as a simple breakfast or add it as a delicious side with roast chicken and salad.

Serves 2, less than 300 calories per serve.

Ingredients list

- ▶ 400g can cannellini beans (substitute any bean you like)
- ▶ 400g can diced tomatoes
- ▶ 2 garlic cloves finely diced
- ▶ 1 onion finely chopped
- ▶ 300 ml tomato passata
- ▶ 1 tsp olive oil
- ▶ 1 tsp smoky paprika (use your favourite sweet, mild or hot)

Method

- ▶ Gently cook garlic and onions in a saucepan until translucent.
- ▶ Then add beans and tomato passata, and paprika for seasoning.
- ▶ Simmer for about 10-15mins until reduced and thickened.
- ▶ Serve hot on wholemeal, rye or multi-grain toast.



Expert advice: working from home

Ergonomics is the science of fitting the work to the worker instead of forcing the worker to fit the work. Working from home has become much more common following the pandemic. Many workers now split their time between home and the office, in what's been termed the 'hybrid model'.

Whether at home or in the office, it is important to have your workstation ergonomically set up to prevent musculoskeletal disorders. Neck-related injuries are common with desk jobs due to the hours spent in front of the screen with poor ergonomic setup. Back, wrist and elbow pain are also quite prevalent; however spending a few minutes to set up your home workstation properly can greatly reduce your risk of discomfort or injury.

Working from home tips

- Keep a laptop raiser or a box to raise the height of the laptop to reduce stress on the neck from looking down
- Alternatively you can purchase a monitor to dock your laptop.
- Try using an external keyboard and mouse to enable optimal hand, wrist and arm position.
- Invest in a good adjustable ergonomic chair; your kitchen chair will spoil your posture.
- Ensure that your work desk is an appropriate size.
- If your feet aren't comfortably resting on the ground, roll up a towel to use as a footrest.
- Follow the LGIS 'A guide to setting up your work station' to optimally organise your home work station.
- Speak to your manager about organising a telehealth ergonomic assessment with one of our LGIS' injury prevention consultants.

Move and stretch

- Don't forget to move at least once every 30 to 60 minutes. Stand up and move around for three minutes.
- Stretches are important after being in static postures for long periods of time. LGIS can provide you with some great stretches to perform at home.
- Look away from your screen at a distant object every 15 minutes for 15 seconds. This is to help ease your eye strain.



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Contact the team on 9483 8888 for more information on our health and wellbeing services.