Every year, when January first rolls around, we enter the New Year with resolutions. We're going to eat better! Lose weight! Exercise! Stop procrastinating! Whatever we can think of to improve, it goes on the resolutions list. And that list can get rather long. Then, more often than not, it's back to square one a few days into January.

Well, we're here to help by sharing some smart ways to break bad habits and replace them with better ones. Here's to a happy, healthy, and productive new year!
RESOLUTION: HEALTHIER EATING HABITS
HOW TO PULL IT OFF AT THE OFFICE...

- **Have a snack.** Take advantage of mid-morning and mid-afternoon snacks to keep your mind sharp and energy high. Snacks can also help satisfy your appetite, so you don't overeat at lunch or dinner. A small package of dried fruit or almonds is a great snack for the morning. If your sweet tooth is calling, try a low-sugar granola bar or some dark chocolate.

- **Eat your lunch!** Maybe you grabbed a healthy morning snack so you're not hungry when lunch rolls around. Or maybe you're just too busy to stop and eat. Whatever your excuse is, don't skip lunch! It will affect your energy levels and your ability to focus later. You might also end up overeating at dinner.

- **Enjoy lunch away from your desk.** Taking this mental break is important. You may not realize this, but it will help you refocus your energy and get even more done. Plus, if you do eat lunch at your desk, you might be sharing your meal with a bunch of germs, the ones that collect around your phone, mouse, and keyboard. Share lunch with a coworker or friend instead!

- **Drink plenty of water.** This is so easy and yet so many people forget to do it. Drinking water should be a constant part of your workday. Not only does it keep your body and mind working efficiently, it also curbs your appetite. If you need an afternoon pick-me-up and you are positive water just won't do it for you, try snacking on some vegetables and hummus or sip a cup of tea.

- **Drink coffee.** If you're curious about how coffee can help you, Google it! Caffeinated or decaffeinated, coffee is your friend at work and at home.
RESOLUTION: BE MORE PRODUCTIVE AT WORK.

HOW TO GET MORE DONE AT THE OFFICE...

- **Forget Failure.** It’s January and you already feel like you’re failing at being more productive. January is just getting started! You have all year to be productive, so start working toward that goal now. If you “failed” the first few days, make today your new year. Be positive. Stay focused. It’s up to you.

- **Eat well.** Eating well is not just about being on a diet or getting to the right weight. Eating well has an effect on your ability to function both mentally and physically. Of course, choosing healthy snacks with the right combination of carbs and protein is always important. Experiment with snacks to find the right ones for you: yogurt, granola bars, nuts - even chocolate. Heavy meals like pasta or roast beef may sound tempting, especially on cold days, but they can make you feel sluggish afterwards. Eat for energy and endurance and grab a cup of coffee to battle chilly days – and for increased focus at work!

- **Set goals.** The beginning of the year is a great time to set goals. It’s like the reset button gets pressed and everything feels shiny and new, and full of possibility. Think about what you’d like to accomplish this year. Whether it’s something simple, or something big and complex – make a plan. Go for something that excites you and stirs your passion. Not only will it make you feel good to accomplish your goal, your boss will most likely be impressed, too!

- **Take breaks.** Breaks, small and large, are important. They offer your brain a chance to refocus. They give you new perspective. They help you get the job done. So take a lunch break with friends. Or hit the slopes over the weekend. You will return to your desk with a clear head and a great mood.
RESOLUTION: KEEP YOUR RESOLUTIONS.
HOW TO DO IT, AT THE OFFICE AND EVERYWHERE ELSE...

It's not easy, but it can be done.

Create coping strategies to deal with setbacks and other challenges you run into.

Start by being committed to making the necessary changes to reach your goal.

Take setbacks in stride and recommit to your goal. Setbacks happen. It's normal.

Take small steps every day to incorporate that change into your life.

Keep track of your progress, and celebrate your victories!

Congratulate yourself for making these changes each day!
RESOLUTION: BREAK BAD HABITS.

SOME TIPS AND TRICKS...

- Forming new habits takes time and effort, which sounds hard, but breaking bad habits that are already established is even harder. Be patient with yourself, and instead of making dramatic adjustments, try focusing on one habit and taking small steps to succeed.

- The “20-Second Rule” can help too: wait twenty seconds before acting out a bad habit. So if you're about to eat a dozen cupcakes, wait at least twenty seconds before you dig in. Every additional second you wait works toward not doing that negative behavior.

- In time, your new good habits will become second nature, just like getting ready for work in the morning, or your routine when your first arrive at work. You won’t have to think about it anymore.
RESOLUTION: RING IN THE NEW YEAR AT THE OFFICE WITH HELP FROM CANTEEN!

- **Got coffee?**
  We do – just for you, at your office! Did you know that 63% of professionals drink at least two cups of coffee per day and claim “they aren’t as energized or motivated without their daily cup of coffee.” That probably doesn’t surprise you, coffee drinkers.

- **enr.G:**
  Looking for a healthy snack? With enr.G you can find gluten-free, organic, non-GMO, all-natural and vegan options. These snacks and beverages are good for the mind, body, and spirit.

- **Avenue C Micro Market:**
  Avenue C makes it easy to get fresh, better-for-you snack options at your home away from home. It’s convenient and still offers you a variety of snacks to choose from.

- **Breakroom / Café Benefits:**
  Our goal is to make your breakroom or café a place you can relax and really take a break. It’s good for you, and it’s good for your work.

**HAPPY 2016!**

www.canteen.com

Sources:
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