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Seven steps for making your New Year's resolutions stick

Maybe you plan to ring in 2023 with a new resolve to quit smoking, lose weight, or exercise more. And maybe these resolutions sound familiar — maybe just like the ones you made a year ago! So how can you ensure that your determination to get healthier in 2023 sticks around? You do it by creating new habits. Creating new habits takes time and energy. A new behavior won't become automatic overnight, but you may enjoy some of its benefits fairly quickly. Also, as you start to take walks regularly or engage in stress-soothing practices frequently, you'll find you won't feel quite right if you stop. That's a great incentive to continue. Try these following seven tips to help you create long-lasting change.

- 1. Dream big.** Audacious goals are compelling. Want to compete in a marathon or triathlon? Lose 50 pounds or just enough to fit into clothes you once loved? With perseverance, encouragement, and support, you can do it. An ambitious aim often inspires others around you.
- 2. Break big dreams into small-enough steps.** Now think tiny. Small steps move you forward to your ultimate goal. Look for surefire bets. Just getting to first base can build your confidence to tackle — and succeed at — more difficult tasks.
- 3. Understand why you shouldn't make a change.** Unhealthy behaviors like overeating and smoking have immediate, pleasurable payoffs as well as costs. So, when you're considering a change, take time to think it through. You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behavior more attractive than standing in place.
- 4. Commit yourself.** Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots.
- 5. Give yourself a medal.** Don't wait to call yourself a winner until you've pounded through the last mile of your big dream marathon or lost every unwanted ounce. Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big steps en route to a goal. Ask family and friends to cheer you on.
- 6. Learn from the past.** Any time you fail to make a change, consider it a step toward your goal. Why? Because each sincere attempt represents a lesson learned. When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big a challenge? If so, scale back to a less ambitious challenge, or break the big one into tinier steps.
- 7. Give thanks for what you do.** Example set your sights on finishing that marathon, not on running it. If you compete to complete, you'll be a winner even if you wind up walking as much as you run. Maybe tomorrow will be better.

January



Openculture

This website provides the best free cultural and educational media the web has to offer. While browsing the site you'll find free university courses, audio books, movies, ebooks, language lessons, and much more.

<https://www.openculture.com>

Lifehacker

This is a great site for all to enjoy. Just as the name suggests, Lifehacker will help you hack your life and be more productive.

<https://lifehacker.com>

Visit us on **Facebook** for more tips and interesting articles throughout the month. Give us a Like!

<https://www.facebook.com/ElktonFamilyPharmacy>

Also, check out our interesting posts and health tips!

Your Pharmacist Tip of the Month!



Angie Brittle, RPh.

Six New Year's Resolutions

Getting healthy need not be overwhelming. Small steps are often the most effective and longest lasting. Here are six simple, straightforward ways to get on track toward optimum health in the New Year.

1. Adopt the Anti-Inflammatory Diet

The anti-inflammatory diet is a lifelong guide intended to counteract chronic inflammation, now known to play a central role in the development of heart disease, many cancers and Alzheimer's disease. Here's a link to the [anti-inflammatory food pyramid](#). Print it out and post it on the fridge. Along with influencing inflammation, the diet will give you steady energy and provide all the vitamins, minerals, essential fatty acids and dietary fiber you need.

2. Get Smart About Snacking

Snacking throughout the day is actually a good idea, as it can help keep blood sugar levels and energy steady – which leads to improved mood, better productivity and more effective appetite control. But if you're trying to lose weight or to eat a healthier diet, that convenient bag of chips can sabotage your efforts. Instead, plan snacks ahead of time and make sure you always have healthy ones on hand like fresh fruit.

3. Get Serious About Breathing Exercises

Simple breathing techniques offer a drug-free way to help lower your blood pressure, calm a racing heart, or settle an upset digestive system. Proper breathing has direct influence on emotional states and moods. Whether you want to address health problems or just relax and reduce stress, make this the year to learn and practice these [breathing techniques](#).

4. Fitness: Consider a Personal Trainer

If you're really committed to getting into shape in the coming year, a personal trainer can get you off to the right start. If you plan to do strength training (and you should!), you'll need a trainer to learn the correct form so that you won't injure yourself.

5. Take Time for Tea

Drinking green tea can improve your cholesterol ratio and help protect against cancer and bacterial infections. Green tea is unfermented, which means that it contains more catechins. Here are [nine green teas to consider](#).

6. Volunteer to Help Others

Giving of yourself, especially in a way that draws on your unique talents or skills, is satisfying. You can volunteer to feed the homeless, help people with terminal illnesses, and help to clean up the environment. Look for ways to help those close to home: take meals to shut-ins, offer transportation to elderly or disabled neighbors and tutor or read to children. Don't focus only on the needs of strangers. Look for ways to help friends and family members, too.

Healthy Talk

The hardest part of staying on a healthy diet starts when you step outside your front door. Eating away from home is the downfall of many committed healthy eaters because most restaurant menus feature high-fat, supersize meals. Also those eateries that do offer low-cal alternatives often are more expensive.



Here are 8 money-saving strategies for eating healthy when you're away from home:

1. **Before you go to lunch or dinner, eat a light snack.** A piece of fruit or some veggies will take the edge off any hunger pangs and give you the energy to make sensible choices when choosing where and what to eat. If you wait until you're ravenous, you're more likely to settle for fast food, order too much or gobble down breadsticks while you wait.
2. **Avoid ordering anything with the title "supersize" or "value meal" or "combo."** Choose regular-size sandwiches and spend any leftover cash on a piece of fruit for dessert.
3. **Ask your waiter to hold the chips and salsa or bread and butter** until your meal is served. Save your appetite for the main course.
4. **Have an appetizer as your entrée.** The portion sizes for appetizers are often sufficient to fill you up, and you'll save money.
5. **Split an entrée with a friend.** In many restaurants, a main course with an extra side is plenty of food for two.
6. **Plan to have leftovers.** Order with the intention of taking half home with you for another meal.
7. **Ask your server to keep dressings, sauces and toppings on the side.** You can get the flavors you want without the extra fat and calories.
8. **Share one dessert with everyone at the table.** Your sweet tooth can be satisfied with just a bite or two.

January Quotes

The best preparation for tomorrow is doing your best today. ~ "H. Jackson Brown, Jr."

Perfection is not attainable, but if we chase perfection we can catch excellence. ~ "Vince Lombardi"

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. ~ "Maya Angelou"

Keep your face always toward the sunshine - and shadows will fall behind you. ~ "Walt Whitman"

The Secret to Health is Love

Love may very well be the most important factor in keeping us healthy and young. Thousands of hours of research show that love and intimacy (or lack of them) is at the root of what makes us sick and what makes us well, what makes us suffer and what leads to healing:



- Being alone increases our chances (by between two and five times) of getting ill and dying young, no matter how healthily we live.
- You'd think that the more people you talk to the more likely you'd catch a cold from one of them. But some research has found the exact opposite. The wider variety of people you talk to often – including partners, children, neighbors, co-workers, fellow volunteers, etc. – the lower your chances of getting the symptoms of a cold, even if you've been infected. Experts speculate that if you're meeting lots of people you'll be happier and therefore have a stronger immune system.
- Among patients who survive heart disease, the ones who did best after five years, weren't married but had someone to confide in. The next healthiest were patients who were married and had a confidant. Following were those who were married but didn't have a confidant. The group members who were unmarried and had no close friend to talk to did worst; half died within five years.
- When women marry, they cut their chances of dying young by half. Men reduce their chances of dying young by five times when they're married. Researchers found that married people are most likely to take better care of themselves, for example, by eating breakfast, wearing seatbelts, exercising regularly, etc. Their healthier habits may also explain why they spend fewer days in bed ill, half as much time in the hospital, and are less likely to become disabled as they get older.
- Happily married men live eight to ten years longer than single or divorced men. Happily married women live three to four years longer than single or divorced women.

The Idea Corner



Healthy Ways to Keep Out Unwanted Pests This Winter

Did you know many of the most undesirable house pests are repelled by scents we find very pleasant? For example, peppermint will repel rats and mice, along with spiders and ants. Find a good brand of essential oil and put a few drops into a spray bottle of pure water and spray your most high-risk areas, like baseboards, windows, under the kitchen sink, etc. You can even dab some cotton balls with the peppermint oil and place them discreetly in the back of cabinets and closets.

Other essential oils that you can apply in the same manner that keep out the unwanted guests are citronella, lemon, and eucalyptus for mosquitos. And geranium and lavender are known to keep away the flies and mosquitos. Lavender has even been known to repel ticks and flies. You might not want to use all these scents at the same time, but essential oils have so much to offer it's worth looking into. And as a bonus, your home will smell lovely while you keep unwanted pests at bay.

LOOK FOR THE HOT PRICE TAGS ON DEEPLY DISCOUNTED ITEMS THROUGHOUT OUR STORE!

COME IN AND CHECK OUT OUR SALE ITEMS THIS MONTH

HERE ARE A FEW – MORE AVAILABLE IN OUR STORE

\$14²⁹



Delsym
12 Hour Cough Relief
Grape Flavored Liquid
5 oz

\$5³⁹



GNP
Artificial Tears
Lubricant Eye Drops
0.5 oz

\$7⁸⁹



GNP
Mucus Relief PE, 400 mg
Expectorant & Nasal Decongestant
Tablets, 50 ct

\$12⁰⁹



GNP
Naproxen Sodium
220 mg
Caplets, 200 ct
Compare to Aleve

\$15⁸⁹



GNP
Nicotine Gum USP
Stop Smoking Aid
Sugar Free, Coated Ice Mint
2 mg Each, 40 ct
Compare to Nicorette White Ice Mint

\$6¹⁹



GNP
Pink Bismuth
Anti-Diarrheal
Caplets, 40 ct
Compare to Pepto-Bismol Caplets

Offers valid from January 1-31, 2023

Offers may not be available in all locations

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HEALTH

January 2023 Vol 18 Issue 1



Secrets For Living
A Healthy, Wealthy
& Happy Life

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Insurance Reminder



As we start the New Year, many insurance plans change. There may be **new cards**, deductibles to be met, drug formularies (drug lists), etc.

Make sure to bring your new cards to the store so we can update your information. We are available, as always, to help you start the New Year. Happy New Year!



THANK YOU FOR THE GOODIES

Thank you to all our wonderful friends and customers that brought us goodies to eat throughout the holidays. We certainly enjoyed them and it made our workdays fun! **HAPPY NEW YEAR!**

We are Here for You



**You're not a number.
You're a neighbor.**

At our pharmacy we take the time to get to know people. We believe personalized attention, competitive prices, and easy shopping environment and convenience will provide the value that people are really looking for these days. We take care of our patients and our community. Make a New Year's resolution to shop local and give you and your family the care that you should have. **Let us take care of you!**

These are challenging times, however we still strive to take care of our patients and customers. With the chain drugstores faltering under disconnected corporate guidance and some smaller drugstores having to close, we still believe in our simple mission: "Take care of the community, and those that live in it, our neighbors."

Buy-one-get-one-Free

Come check out our winter **Vitamin Sale** on select Windmill Products. Many are 2 for the price of one or Buy-one-get-one-Free.



Who Wants To Win?

Take our Trivia Challenge and you could win too!

This is one of our favorite parts of the newsletter! Each month we will give you a new trivia question.

Each month we randomly select 3 people who e-mail or call us with the correct answer by the 20th of the month.

You win Two FREE movie tickets!

Enjoy a night out on us with someone special in your life!

Take your best guess, and then call the store (540) 298-9090 or better yet e-mail us at:

elktonphcy@yahoo.com

Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Which of these are good ways to start your new year?

- A) Give to others
- B) Be positive
- C) Get vaccinated / boosted
- D) Get more sleep
- E) All of the above

Hint: You will find the answer in the newsletter.

Make sure to get your newsletter each month.

Register here for the color e-mail version.

Send your name and e-mail address to

elktonphcy@yahoo.com

Last Month's Winners and Answer

What are some things that will keep you healthy this winter?

Cindi H. – Candy B. – Nancy H.

You could be the next winner, take your best shot at January Trivia Contest