

# HEY, NEIGHBOR!



## New Year's Resolutions? How to keep them...

### IN THIS ISSUE

How to keep your New Years Resolutions

How to stay healthy in the winter season!



1. **Set Goals That Motivate You** : You want to make sure that the goals are important to you and provide a sense of value. Make sure the goals have a strong “why” and meaning behind them. If you were to share your goals with someone ask yourself “could I convince them this is a worthwhile goal?”. This will keep you accountable.
2. **Set Goals in Writing** : In order to achieve a goal it helps to have a visual of what you are trying to accomplish. This also helps you remember what you want to achieve. A tip for writing would be to map out your goals with a to-do list. Taking your goal and breaking it down into manageable steps will help you climb the ladder to success.
3. **Stick With It!**: In order to make something a habit it takes, on average, around 60 days to become a normal part of your lifestyle. Making sure you stay consistent is one of the most important ways to keep your goals on track! Even if it is a small part of your goal it is important to do something related to it each day to remind you and keep you accountable.

### NEIGHBOR NEWS

The Downtown Neighborhood Association is up and running! We are looking forward to what this unique neighborhood is interested in accomplishing in 2022

### PARTNER UPDATES

Learn about City of Oshkosh Loans, Grants, and Incentives during free online sessions. Register before Jan. 11th with Anne Schafer: [aschaefer@ci.oshkosh.wi.us](mailto:aschaefer@ci.oshkosh.wi.us)

### GOOD TO KNOW

Friday the 7th is Downtown's First Friday Event: Winter Wonderland from 5:00-9:00pm

# It's Cold Outside!

We all know the cold seasons can be difficult with freezing temperatures, lack of sunlight and harsh weather conditions. But there are ways you and your neighbors can thrive in these snow covered months!

## Stay Active

I love nothing more than cuddling up by a fire with a good book during these brisk months, but it is proven that fresh air transforms our mental health for the better! A lively walk or jaunt to the gym can really keep your spirits up with a boost of serotonin. If you are someone who really struggles with the icy conditions there are plenty of indoor physical activities that can provide the mental endorphins that help keep away seasonal depression. Consider taking up yoga, swimming, or even cycling!

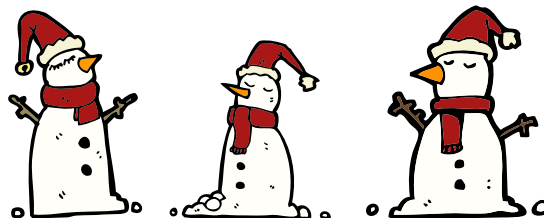


## Vitamins

Consider taking supplements that help with the lack of serotonin. Without enjoying the long days of the summer sun, the decrease of Vitamin D has a big impact on your mood and health. Taking some supplements during the winter season can help your body stay healthy.

## Maintain a Social Life

Humans need to be social to thrive! Bring a cup of soup to your neighbor and spend some time chatting about the holidays. It is important to see loved ones on a gloomy day when it is difficult to get off the couch. If you are not someone who has a strong social group consider volunteering or becoming active in local clubs. These are great ways to broaden your social horizons.



*Great neighborhoods start with you!*