

# LET'S FEEL BETTER

*NTIC Newsletter*



## Tip for Setting Goals AND Keeping Them

During this time of year, we often find ourselves thinking about the person that we want to work towards. When we have to create new habits, it can be challenging to maintain them. Below are some tricks to help you create and maintain your goals in this new year.

### Two Minute Rule

When creating a new habit, it isn't about how much time you spend on it, rather the frequency. Start by dedicating just 2 minutes to your new habit. Trying to implement reading? Read 1-2 pages. Trying to be more physically active? Walk for 2 minutes. Remember, the importance here is creating a new routine, so at first, focus on consistency.

### BOX BREATHING

Box breathing is a simple breathing technique to incorporate anytime you feel anxious or just need a moment.

### 5 MINUTE STANDING STRETCHES

Do these standing stretches at any part of your day to improve your flexibility and range of motion in your joints.

### MINESTRONE SOUP

It's National Soup Month. Tip: Try purchasing no/low sodium broth, veggies, and beans.



### Make It Your Identity

When we create habits, we might start with the outcome, figure out the process to achieve that outcome, and then we can now identify as this new person. Perform this procedure in reverse. Think about how you want to be identified - someone who's: active, financially stable, giving, well rested, etc. - and then work through a realistic process to help you obtain that outcome.

### Habit Stacking/Replacing

We have various routines throughout our day. Where can you find time in your routine to add in a new habit or replace a bad one? Replace scrolling on social media while the coffee brews with practicing gratitude. Stretch for 5 minutes after you brush your teeth before bed. Habit stacking/replacing is an effect way to make subtle changes that are easier to perpetuate.

Want to learn more about habits? Consider reading *Atomic Habits* by James Clear.

## National Wellness Month

January is National Wellness Month. For many, October-December is a stressful time. Make sure you take time this month for YOU and your health.

Some things you can do for you wellness is:

- Be kind to yourself
- Try something new
- Seek help and support from others or a professional
- Meditate/Yoga/Mindfulness
- Volunteer
- Implement a structured sleep routine
- Schedule a wellness visit with your doctor



Taking time for yourself can reduce overall stress, improve your health and your quality of life. How will you work on your wellness this month?

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# Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:  
**June 1, 2023**

**Complete activities**  
that will help you thrive

Deadline to earn points:  
**May 31, 2024**

**Feel good** knowing you've  
earned a reward

## Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

## Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



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