

JANUARY 2019

Have a Happier, Healthier New Year

The New Year is a great time to plan ahead for a healthy and happy 2019. Getting children involved in this discussion is a wonderful way to connect with them, too. As they head back to school, we look forward to nourishing their desire for success in the new year.

Less Screen Time, More Face Time

Did you know that frequent sit-down family meals can result in lower incidences of depressive symptoms and better grades?¹ Resolve to have at least one sit-down meal a week with your family in 2019. Children who feel they can express themselves openly and honestly with their parents are more mentally healthy.²



DID YOU KNOW?

Kids are now eating **16 percent more vegetables** and **23 percent more fruit** at school lunch than they did in 2017.³



Practice Positivity

While the New Year is time for new beginnings, it can also be tempting to fall into negative self-talk after the holidays. Focusing on how much we want to improve in the new year can get us thinking about everything we didn't achieve in 2018. Practice being a positivity role model to your children. Positive self-talk can help improve anxiety and depression.⁴



1. <https://www.nytimes.com/2005/05/03/health/nutrition/benefits-of-the-dinner-table-ritual.html>
2. <https://www.psychologytoday.com/us/blog/compassion-matters/201211/7-tips-raising-emotionally-healthy-child>
3. <https://www.fns.usda.gov/pressrelease/2014/009814>
4. <https://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2009/06/24/using-positive-psychology-in-your-relationships>

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