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## Start Making Self-Care a Priority

For many people, attending to family, pets, work deadlines and other obligations often means that taking time to care for your own physical, mental and emotional health gets moved off the to-do list. However, attending to self-care is essential to build resilience to stress, improving your stamina, relationships and even your job performance! Find out how to put self-care prominently on your to-do list this year.

[Find out more >>](#)



### 20 Ways to Start the New Year Right

Looking to improve your health in 2020? Breaking down your goals into smaller SMART goals can be the difference between aspirations and realizations. SMART goals are Specific, Measurable, Attainable, Realistic and Timely. Adopting behaviors in this manner helps to create lasting lifestyle changes! Keep



### Living a Life in Balance: Redefining it

In our high-demand lives, wanting to "find balance" has become a universal quest. Yet achieving balance is not really about devoting equal amounts of time to our personal, work and family life. Instead, it's more realistic to strive for attaining a sense of steadiness or stability as we experience the changing day-

reading for 20 SMART goals to help you start the new year right.

to-day life demands. Read on for tips on how to do just that.

[Learn how >>](#)

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## Blood Donor Month

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767) to make an appointment or to receive more information. All blood types are needed.



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