

3 NEW YEAR'S RESOLUTIONS TO ALIGN BODY AND MIND

December 2022



It's that time of year again. Time to break out that pen and paper, open that notebook app or maybe just have a good think about what potential the future holds. Year after year, many of us dutifully put "get in shape" on our lists knowing we'll never have time to stick to it.

Looking out for your mental and physical health this year doesn't need to be a chore. Whether you're looking to make healthier choices at the coffee shop or thinking of something a bit more ambitious, we've got some great tips to help you align body and mind in 2023.

#1 Set boundaries and bedtimes

Increasingly more studies are revealing the importance of not just the quantity of sleep we get, but also the quality. It's more important now than ever, in a world of endless distractions, to make firm boundaries for sleep and its restorative value in our lives. Improving your "sleep hygiene"¹ with the tips below can improve the quality of your sleep so you wake up feeling rested:

- Avoid alcohol, caffeine, and nicotine before bed
- Maintain a regular bedtime/waketime
- Practice relaxation and mindfulness-based stress reduction techniques
- Reduce noise in the sleeping environment

#2 Practice mindfulness

It can be as simple as consciously taking 10 deep breaths or as dedicated as practicing meditation. Working mindfulness into your New Year's resolutions is a simple way to unlock a host of physical and mental health benefits.

Practicing mindfulness daily can help you slow down, improve your concentration and live in the moment. Simple meditation and mindful breathing throughout the day makes you more resilient to whatever stressors you encounter.² We can't always plan for what's ahead, but by working mindfulness into your resolutions this year you'll be better able to handle whatever challenges come your way.

#3 Drink more water

We're mostly water. Access to water is something precious and it's often something we take for granted in a market full of sweet calorie-rich products. According to Canada's Food Guide, drinking water is not only important for your health, but also an excellent way to stay hydrated without calories. If you're looking to add flavour to your water, here are some healthy recommendations to try:³

- Blackberries + mint
- Raspberries + cucumber
- Strawberries + fresh basil
- Chopped apples + a cinnamon stick
- Pear slices + a drop of vanilla extract

Fresh tip: don't forget to crush the berries, tear the herbs, and cut the fruit into cubes to maximize the flavour.

Bringing it all into the year ahead

Each of these tips offer a range of positive benefits to your physical and mental health. What's more, these resolutions give you the power to change as much or as little as you like and still see some benefit. Whatever you decide to do, even small changes will add up to more than just writing "get in shape" ever could.

Thinking about your financial health and wellbeing? Contact me to discuss how we can make positive changes to further support your wealth in 2023.

¹Public Health Agency of Canada: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/healthy-living/canadian-adults-getting-enough-sleep-infographic/64-03-18-2136-Sleep-Adults-Infographic-FN-Final-03.05.2019.pdf>

²Canada School of Public Service: <https://www.cspc-efpc.gc.ca/tools/jobajds/pdfs/mindfulness-eng.pdf>

³Canada's Food Guide: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-water-your-drink-of-choice/>

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