**Let’s start your New Year’s Resolutions again! Here are some top, simple suggestions...**

We don’t blame you if you’re yet to get started on those pesky New Year’s Resolutions. The truth is, the beginning of the year is always such a daunting time, so it’s no surprise people aren’t willing to jump in and stick to their ‘new me’ mentality.

If you’ve chosen NOT to pursue those New Year’s Resolutions in January, good for you! Luckily, it’s not too late. In fact, it’s never too late to make positive changes in your life. These positive changes don’t have to be dramatic and drastic to begin with, either. No, instead, why not look at some top, simple suggestions...

**Lose weight and adopt a healthier lifestyle**

This one is an absolute classic, and one most people find themselves focusing on when the New Year comes around. It’s no surprise, either, considering it’s one of the most positive changes you could ever implement in your life. Not only for yourself, but also for those closest to you.

If you’ve been struggling with your weight for some time, February is a great month to shift those pounds and adopt a healthier lifestyle. If you’re looking for professional support and the [most effective way to lose weight](https://www.whickhampharmacy.co.uk/weight-management/), turn to your local pharmacy for support. If eligible, they could have products and medicine that’ll help.

**Kick that naughty habit**

Think you don’t have a naughty habit? We hate to break it to you, but everyone does... Yes, even The Queen! So, this month, to start off your New Year’s Resolutions again, why not find your naughty habit and try to kick it?

Maybe it’s smoking, or perhaps it’s a glass (or two) of wine every evening, or maybe it’s something as simple as biting your nails? Discover yours, face it head on and get rid of it. By disconnecting yourself from your guilty pleasure, you’ll be able to enjoy more control over your life and the health benefits that’ll come from doing so.

**Set yourself weekly or monthly goals**

Life can be hectic at the best of times, that’s for sure. With the chaotic commitments surrounding work, family, social life and more, it can be easy to lose track of things.

One way to combat this is to get into the habit of setting yourself weekly or monthly goals so that you can always be sure your life is on track and going in the direction that you want it to.

Your goals don’t have to be too complex to begin with - start by aiming to up your water intake or make more of an effort to see your sister. It’s also important that you write your goals down so that you can physically check in with them, as opposed to letting them get jumbled in your head.

**Remember to be kind to yourself**

Did you know that [1 in 4 people will experience a mental health problem of some kind each year in England](https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/)? Never underestimate the importance of looking after your mental health and giving it the time and effort that it deserves.

Not everything will go the way that you want it to, and that’s okay! If 2020 has taught us anything, it’s that life is unpredictable, and we must take everything in our stride. Don’t beat yourself up when things don’t go to plan and stop trying to control the things you can’t control.

If you’re reading this blog, you’re probably a little late in starting your New Year’s Resolutions. In saying that, however, it doesn’t mean you can’t still be successful with them. And, if you do let things slip here and there, simply pick yourself back up and start again. We have every faith in you and your capabilities!