New year, new beginnings, ...new resolutions?

Write it down, make it happen!
With approximately half of all Americans making new resolutions every year, it is very likely that some of us may choose to do so as well. Studies have shown that people who write down their goals on paper (or on their phone apps these days!) are significantly more likely to achieve them, compared to those who only make mental vows. It’s even better when these are S.M.A.R.T goals!

Visualize it, make it happen!
For those more visual folks, creating a Pinterest board, or a more traditional “hard copy” vision board, may be a valuable alternative! Your subconscious mind works in pictures and images, so making an image-filled vision board can help your Reticular Activating system filter what you see, so you are more attentive to those things that are more in line with what you aim to achieve. You can supplement your pictures with words and phrases to increase the emotional response you get from it. Try to place it in a location that gives you maximum exposure to it. The sight of your vision board should fuel your motivation to turn your vision into action!

Radon Awareness Month

Radon is a colorless, odorless gas that has been linked to lung cancer in non-smokers and smokers alike. The Surgeon General and EPA recommend testing for radon and reducing radon in homes that have high levels (4 picocuries per liter or higher). Radon levels less than 4 pCi/L still pose a risk, and in many cases may be reduced.

The Eastern Highlands Health District (EHHD) located in the Mansfield Town Hall and serving the towns of Andover, Ashford, Bolton, Chaplin, Columbia, Coventry, Scotland, Tolland, and Willington, has a limited number of free radon testing kits available for use by residents. You may email ehhd@ehhd.org, call (860) 429-3325, or visit the office in person to receive one.

Find out more about Radon, as well as what can be done to reduce radon levels in your home.

“Follow your bliss, and the universe will open doors for you, where there were only walls.”
- Joseph Campbell

“Don’t compare your beginning to someone else’s middle.”
- Jon Acuff

“Just begin.”
- Ali Edwards
Health tip:

In the midst of cold and flu season, let us remind you about your precious and powerful immune system, which helps you defend against bacteria and viruses.

⇒ Learn more about the myths and facts about your immune system
⇒ View a short video demonstration on how to make a nutrient-packed Restorative Ginger Chicken Soup to boost your immune system during cold and flu season. It uses several ingredients known as immunity-boosting foods.
⇒ Brush up on the difference between cold and flu symptoms, so you may better choose your course of action!