2020: Out with the old, in with the new… resolutions!

With the New Year around the corner, health-related resolutions are probably percolating in your mind. If you knocked last year's goals out of the park, congrats! But take heart if you didn't. Surveys suggest that most New Year's resolutions remain, well, unresolved. Whether you're aiming to start an exercise routine, eat more veggies, or start practicing yoga, try shifting gears and focusing on the steps below. These three habits will serve as a strong foundation for your health goals in 2020—and beyond!

1. **Be flexible.** Planning is important for sustaining habits, but so too is flexibility. Create a realistic plan for exercising, eating well, and managing stress—but make backup plans, too, for times when you have to work late, a child gets sick, or you get sick. Pre-freezing a few meals can help you stay on track when you don't have time to cook, for instance, and if you miss your workout, do a 10-minute walk or a quick indoor workout. Recognize when you're lapsing into rigid, all-or-nothing thinking, and remember that a new day is always a fresh start.

2. **Cultivate self-compassion.** Self-criticism and perfectionism often undermine mental and physical health in the long run. Instead, cultivate kindness and compassion toward yourself. Research shows that people who are self-compassionate are better able to manage stress and maintain healthy habits.

3. **Sleep!** Sleeping well gives you the energy and motivation to exercise, eat well, and find healthy ways to relax. We know that sleep deprivation, on the other hand, can make you crave unhealthy food, and it can tip the scales in favor of Netflix or a second glass of wine after dinner instead of the walk you'd planned. Prioritize shuteye by setting a consistent bedtime and wake time, and keep light, noise, and electronics out of the bedroom.