

# MAKE THEM AND KEEP THEM! CONSCIOUS RESOLUTIONS FOR A BETTER NEW YEAR



DR. MELANIE DIAS

BY DR. MELANIE DIAS

**J**anuary 1st seems to jolt everyone to stop for a few and put pen to paper, listing those important goals for the next 365 days. Does that list look familiar? Most of us record the same New Year's resolutions from the previous year. If you are one who slips into "resolution burnout" within a month, your

physical state could be the reason. What we eat, think and do affects our internal function, and this in turn affects our motivation to commit.

## **New YOU Resolutions. It's All In Your Head**

If a new calendar triggers anxiety about sticking to your plan, try these strategies to create a solid foundation for success this time around:

### **1 SET GOALS WHEN YOU HAVE A CLEAR MIND.**

Reasons for brain fog and focus issues usually go beyond over scheduling and overdoing habits. These include neurotransmitter imbalances, infections, leaky gut, leaky blood-brain barrier or an autoimmune condition. Functional and nervous system evaluations by your chiropractic and medical providers can identify the underlying physiology. Collaborative care can help clear the fog and improve your life on many levels.

**2 KEEP IT FLOWING. MOVEMENT IS LIFE.** A stagnant, unhealthy digestive system and sedentary habits lower your immune system and affect brain function. Waking up to a cup of hot water with lemon and ginger can help facilitate a bowel movement within minutes. A brisk walk in nature clears the mind and stimulates creativity. Consider natural therapies to resolve health issues under the guidance of a qualified physician.

**3 TAKE A BREATH, DON'T CATCH YOUR BREATH.** When we focus on everything but ourselves, we tend not to breathe properly. This leads to tight, painful necks, headaches, poor posture and adrenal burnout. Lie or sit back and practice 10 cycles of deep, slow inhalations and exhalations. Make sure your belly expands and contracts with each breath. This improves focus and brings you to a rational state of consciousness.

**4 EACH DAY IS A GIFT.** Honoring each day with a moment of gratitude for at least one thing sets the stage for attracting more abundance in your life.



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**5 SIMPLIFY YOUR LIFE.** Small, simple steps towards each goal should be mapped. This may be one of your resolutions, so why not activate it now?

**6 GIVING IS GETTING.** Volunteering in your community will boost your "feel good" hormones which

feed your own purpose and clarity. Strength is in numbers. Inspiring others to join you helps fuel the movement towards creating a safer, healthier community.

**7 BELIEVE YOU CAN DO THIS! SET GOALS WITH CERTAINTY.** If you doubt your ability to reach the finish line or you're not sure how to get there, consider a coach to hold you accountable. Investing in services of a holistic, licensed practitioner or doctor who combines coaching with therapeutic intervention will leverage your investment of time and money.

Use your New Year as an opportunity to step back and look at your life and how you are living it, without judgment or self-criticism. Celebrate your wins and approach challenges with a healthier mindset. This can be the greatest gift to you and your loved ones. For each year that passes, the time left becomes even more valuable. View the big picture. How do you want to live 10, 15, 20 years from now? Everything you do, eat and think now will impact your quality of life in the future. ■

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 Dr. Melanie Dias, a writer, speaker and blogger for [nakedtruthbydrmelanie.com](http://nakedtruthbydrmelanie.com), has been practicing chiropractic for 19 years and is trained in Ayurveda and functional medicine. Her practice, Living Pure Chiropractic, LLC integrates Eastern therapies and focuses on sports injuries and wellness. She also provides consultations through telemedicine and empowers people to heal naturally through authentic, conscious living. Reach out to her at [info@nakedtruthbydrmelanie.com](mailto:info@nakedtruthbydrmelanie.com).

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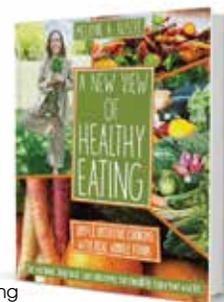
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