



**Happy New Year!**

**2025 is here and we want you to continue to *Level Up Your W.AY. (Well-Being And You!)*.**

Your personal wellness goals are a continuous journey—there is no finish line—and we want to motivate you to explore the areas in your life that you need to improve or maintain.

If you've decided to change a habit, congratulations! Whether it's quitting smoking, lowering your blood pressure, becoming more active, or doing something else to improve your health, making that decision is the first step toward making a change.

**What happens next? Have a reason. Set goals you can reach. Prepare for slip-ups. And get support.**

## **Know your reason**

**Your reason for wanting to change a habit is really important.** Maybe you want to quit smoking so that you avoid future health problems. Or maybe you want to eat a healthier diet so you can lose weight. If you have high blood pressure, your reason may be clear: to lower your blood pressure. Maybe you smoke and want to save money on cigarettes.

**You need to feel ready to make a change.** If you don't feel ready now, that's okay. You can still be thinking and planning. When you truly want to make changes, you're ready for the next step.

**It's not easy to change habits—but you can do it.** Taking the time to really think about what will motivate or inspire you will help you reach your goals.

## **Set your goals**

**Setting goals can help a lot when you're trying to make a healthy change. Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it. A good idea is to also write down your goals by using a journal or notebook. Remember to focus on one goal at a time and when you reach a goal, reward yourself.

## **Prepare for setbacks**

**It's perfectly normal to try to change a habit, go along for a while, and then have a setback.** Lots of people try and try again before they reach their goals. There will be times when you slip up and don't make a goal for the week. When that happens, don't get mad at yourself. Learn from the experience. Ask yourself what got in the way of reaching your goal. Positive thinking goes a long way when you're making lifestyle changes.

## Get support

**It's motivating to know that someone is trying to make the same change that you're making, like being more active or changing your eating habits.** You have someone who is counting on you to help them succeed. That person can also remind you how far you've come. Also, don't be afraid to tell family and friends that their encouragement makes a big difference to you.

When you feel like giving up, don't waste energy feeling bad about yourself. Remember your reason for wanting to change, think about the progress you've made, and give yourself a pep talk and a pat on the back.

## Additional Resources

- [Omada Health](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!

### Coming Soon:



Capture the spirit of space exploration and adventure in the [Star Trak](#) fitness challenge. Everyone (*including household members, 13 years and older*) can boldly go to better health and fitness in *Star Trak*! **Registration begins Monday, January 13.**

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