



The Rizzi Difference
RIZZI MENTAL HEALTH ASSOCIATES
RIZZI GERIATRIC ASSOCIATES

Newsletter

January 2024

7 Healthy Resolutions for a Happy New Year

*Happy
New Year*



Happy Healthy New Year

2024 is your year to make some simple changes to improve both your Physical and Mental Health.

1. Commit to a healthier sleep routine.

A good night's sleep is just as important as regular exercise and a healthy diet. In fact, a good sleep can help you eat less, exercise better, and be healthier. Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia. Try to sleep and wake at consistent times. Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset. Being consistent with your sleep and waking times can aid long-term sleep quality.

2. Exercise your brain.

Working on puzzles can improve your mental speed and short-term memory. Study a foreign language or build your vocabulary by learning a new word each day. This will improve concentration and focus and even help develop new areas of your mind.

3. Become a plant owner.

Plants are great for your health! Just the presence of indoor plants can lower human stress levels, research shows, and one study found that actively caring for plants calmed the autonomic nervous system and lowered blood pressure.



4. Start a gratitude journal.

Studies have shown that practicing gratitude can have a positive impact on your mental, emotional, and even physical wellness. Keeping a gratitude journal has also been linked to reduced stress levels, improved sleep, and greater satisfaction with life in general.



5. Drink up.

Hydration is important for your body and your mind. Since your brain is mostly water, drinking it helps you think, focus and concentrate better. As an added bonus, your energy levels are also boosted! Staying hydrated moisturizes your skin, keeps it fresh, soft, glowing, and smooth. Drinking water gets rid of wrinkles and it's the best anti-aging treatment around!



6. Prioritize annual health screenings.

Think about your year ahead and any screenings you may need. Start with your primary care provider, and ask which screenings (e.g., mammogram, colonoscopy) you're due for. Add them to your 2024 calendar. After you schedule those, move on to the dentist's office and check in with your ophthalmologist, too.



7. Get a check-up from the neck up.

The importance of physical health screenings may be obvious, but we need to remember to check on our brain health too. The providers at Rizzi Mental Health Associates are here to help. If you are experiencing depression or anxiety, start your year off on a positive note by scheduling a check-up with one of our providers.



Happy New Year

Our Rizzi Mental Health Associates and Rizzi Geriatric Associates are here to help you have a healthy, happy New Year.



The Rizzi Difference
RIZZI MENTAL HEALTH ASSOCIATES
RIZZI GERIATRIC ASSOCIATES

We are honored to care for you!

www.TheRizziDifference.com

