

*Reflect,
Refresh,
Renew*

A Wellness Reset for the New Year

As another year comes to a close, it's natural to pause and reflect on what we've accomplished, what we've learned, and how we've grown. Amid the rush of the holidays and the anticipation of a new year, taking a moment to reset can help us enter 2026 with more energy, focus, and balance.

At SEI REMC, we believe wellness is more than a resolution; it's a journey. Whether it's improving physical health, finding peace of mind, or reconnecting with others, every step forward counts.

Looking Back with Gratitude

Before setting new goals, take a moment to appreciate how far you've come. Even the smallest victories—getting outside more often, drinking more water, taking that walk at lunch—are signs of progress. Reflecting with gratitude helps shift your focus from what you didn't do to what you did, encouraging a more positive mindset.

Try journaling three things you're thankful for this past year or sharing one meaningful memory with a friend or loved one. Gratitude is one of the simplest yet most powerful ways to strengthen emotional wellness.

Reset and Recharge

The holiday season often brings joy, but it can also bring stress and exhaustion. Give yourself permission to rest and recharge. Make time for quiet moments: a cup of tea, a walk through the snow, or simply unplugging from screens for an evening.

Rest isn't a reward; it's a necessity. Prioritizing downtime allows your body and mind to recover, helping you return to your routines refreshed and ready to take on what's next.

Moving Forward with Purpose

As we turn the page to a new year, focus on small, sustainable changes that support long-term wellness. Instead of big resolutions, try setting gentle intentions such as:

- "I will make time to move every day, even if it's just stretching."
- "I will nourish my body with foods that make me feel strong."
- "I will practice gratitude and kindness toward others and myself."

Wellness isn't about perfection; it's about progress. By reflecting, refreshing, and renewing your mindset, you create space for growth that lasts far beyond January.

Together Toward a Healthier 2026

As we look ahead, SEI REMC encourages every member to carry wellness into the new year, not just for yourself but for your family and community. Small actions add up to a big impact, and by taking care of ourselves, we strengthen the cooperative spirit that connects us all.



SIMPLE WAYS TO RESET

- **Take a gratitude minute.** Pause once a day to name one thing that went well.
- **Declutter your space.** A clear space creates a clear mind.
- **Stretch between tasks.** Even five minutes can boost focus and energy.
- **Plan a digital detox.** Unplug for an evening to rest your mind.
- **Sleep well.** Aim for consistent bedtimes and a calming nightly routine.

