



New Year's Resolutions Loading ...

Getting a Head Start on Your 2023 Goals

Every time the holiday season rolls around, our pants all fit a little tighter. First comes Halloween with loads of candy, then we have Thanksgiving with second and third helpings of delicious food, then comes heaps of treats at holiday parties, gatherings, and festivities — cue the hot cocoa, cookies, and candy canes!

With so many goodies, it's likely that most of us will gain a few pounds over the holidays. After all, the new year is just around the corner, and you're planning to drop the extra weight. But here's a new idea: How about coming up with your 2023 health goals now and start easing into your routine ahead of time?



You have one month until the clock strikes midnight and the calendars all roll over to Jan. 1. By starting now, you can hit the new year lighter and fitter and start your routine at a sprint. You'll have a whole month of progress under your belt as January starts!

Here are some tips on how to get a head start on your 2023 aspirations and goals.

Jot them down.

Getting your New Year's resolutions down on paper is key — even if it means scribbling them down on a restaurant paper napkin. Having something tangible to look back on throughout the year helps to hold you accountable and gives you something to physically check off once it's achieved or complete!

Set a plan into motion.

Once you have your goals on paper, it's time to determine how you'll achieve them. Ensure they are reasonable and achievable but also trackable. To help create a plan, be specific. For example, instead of setting out to just lose weight, maybe you can resolve to lose 15 pounds before August.

Take action.

With your goals mapped out, it's time to hit the ground running ahead of time. Just because it's not yet Jan. 1 doesn't mean you can't get started now. In fact, to better set yourself up for success in 2023, set your routine into motion now. This way, come springtime, you may already be achieving your goals!

Give yourself grace.

Remember, it's still the holiday season, and it's important to enjoy yourself and the company of your family and loved ones! While you may be very focused on dropping a few pounds, checking a book or two off your 2023 reading list, or including more meditation time in your day, don't lose sight of the holidays, either! No matter what your goal is, find balance!



I wish you and your family happiness, love, and good health this holiday season! Merry Christmas, happy holidays, and happy New Year!

- Scott Snellings

Locks of Love

Son Makes a Wig for His Mother

Melanie Shaha is currently fighting her third brain cancer battle. For 15 years, she's been suffering from a benign tumor on her pituitary gland. Although she doesn't mind being sick, going to her appointments, focusing on her treatment, and talking to loved ones about her cancer, she doesn't like looking sick.

If you didn't know Shaha, you wouldn't realize she was battling cancer. But this suddenly changed once she lost all of her hair. She had two surgeries, in 2003 and 2006, in hopes of removing the tumor on her pituitary gland, but they weren't successful. Then, when she began radiation therapy in 2017, the treatment caused her hair to fall out.

"Not having hair [makes] you stick out like a sore thumb, and well-meaning people can say things that break your heart," Shaha told TODAY. She didn't like all the attention and the looks people gave her in public. So, her 27-year-old son Matt had an idea. At first, Matt joked about cutting all of his hair off to make his mother a wig. But the joke soon became a plan, and Matt followed through in 2018.

After graduating from college, Matt began growing his hair out. In no time, he had long and luscious hair. His mother tried to dissuade



him from cutting it, but Matt wanted to help her feel confident and comfortable in her skin. So, he chopped it off and sent his locks to Compassionate Creations, a hair company in Newport Beach, California, that created a wig for his mother.

Now, Shaha has a piece of her son to take everywhere with her beautiful new tresses. "The color is spectacular, and we had it cut and styled with a hairdresser. Matt said it looked great on me. It sure fills your emotional cup," Shaha says.

If you — or someone you know — would like to donate your hair to cancer patients, you can donate to Locks of Love, Wigs For Kids, Chai Lifeline, and Children With Hair Loss. Research donation centers in your area if you would like to give back locally.

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emails like these are all too common; unfortunately, millions of people's data is compromised as a result. Understandably, when you first receive these scam emails, you panic because you think they are legitimate. But remember, USPS, UPS, Amazon, and FedEx won't ask for personal information over email.

A good rule of thumb is never to click on links in emails — even from the actual company. Scammers are very good at making their emails look authentic. Instead, go to the delivery company's website and log in to your account. If action is required, you should see a notification in your portal. Alternatively, you can call the business's customer service line to check if their email is authentic.



Holiday Shopping Scams

Businesses boom during the holiday season because more people buy their products and services. But this means potential scams can also increase, but you can do a few things to ensure your personal information and banking details are safe.

You may see products online or advertisements on Facebook, Instagram, and TikTok that pique your interest. But before you click "buy," ensure the website is legitimate. Search for the product on a search engine to see if the same links appear. Carefully read reviews, look for website security credentials, and research unknown retailers before purchasing. It's better to take extra precautions to ensure your information isn't compromised.

In addition, never use public Wi-Fi when purchasing items online. You're more likely to be hacked when the Wi-Fi connection isn't protected or in a secure network. Hackers tap into public internet sources and intercept your data through techniques like eavesdropping. Although it's appealing to use public Wi-Fi because you think it's free, it's not. You pay with your personal information and data.

If you or someone you know is a victim of fraud, report the scam to the Federal Trade Commission (FTC) online or by phone at **1-877-382-4357**. For more information on scams, fraud, and identity theft, go to **USA.gov/scams-and-frauds** to learn how to protect yourself better.

TAKE A **BREAK**



WINTER VEGETABLE SHEPHERD'S PIE

Inspired by BBCGoodFood.com

Ingredients

- 6 1/2 cups potatoes, cut into large chunks
- 2 tbsp olive oil
- 2 onions, sliced
- 1 tbsp flour
- 2 large carrots, cut into rounds
- 1/2 cauliflower, broken into florets
- 4 garlic cloves, sliced
- 1 sprig rosemary
- 15-oz can diced tomatoes plus liquid
- 1/2 cup water
- 1 1/2 cups frozen peas
- Milk, to desired consistency

Directions

1. In a pot, boil potatoes until tender.
2. In a pan, heat oil over medium heat. Add onion and cook until softened. Stir in flour and cook for 2 minutes. Add carrots, cauliflower, garlic, and rosemary and stir until softened.
3. Pour tomatoes into mix and add water. Cover and let simmer for 10 minutes, then remove lid and cook for 15 minutes until thickened. Stir in peas and simmer.
4. Drain and mash potatoes. Stir in milk to desired consistency.
5. Preheat oven to 375 F. Spoon hot vegetable mix into pie dish, then top with mashed potatoes. Bake until top is golden brown.

TIRED OF FEELING ANXIOUS AND FEARFUL?

Read *'You Are Not a Rock'*
by Mark Freeman

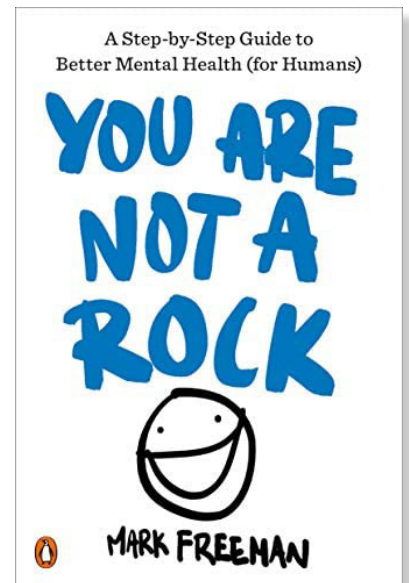
We've all felt anxious, guilty, fearful, and sad — it's a part of life. Perhaps you've tried to avoid or suppress these emotions, but you're not a rock. As humans, we experience these feelings all the time. Trying to control them may only make matters worse. So, instead, focus on something you can control — your actions.

That's the central premise of Mark Freeman's mental health book "You Are Not a Rock." He aims to teach readers how to build emotional fitness and overcome their struggles and hardships with different techniques. The book is divided into two sections titled "The Basics" and "The Transformation." The first half is about learning basic mental health skills and unlearning ways of thinking about mental health that cause us challenges. The second half focuses on how to create and build what you want to see in your life instead of trying to avoid and control what you can't see.

As you read, you'll learn how to recognize your problems, practice mindfulness, prioritize and follow your values, and understand your fears. The strategies in "You Are Not a Rock" are the same tactics Freeman used in his personal life, and he shares some of those stories in the book. There are exercises at the end of each chapter that Freeman highly encourages you to complete. By performing these exercises, you can better understand the book's contents and implement Freeman's tactics in your life.

Before Freeman helps readers begin their journey, he states that strengthening your mental health is like working on your physical health — you won't see instant results. "Changing your brain takes time and effort ... I'm not going to share with you any magical supplements or special mantras. This is simply a book about actions," Freeman says in his introduction.

If you're interested in reading "You Are Not a Rock," you can purchase your copy wherever books are sold online or in bookstores.



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'Tis the Season for Giving - Not Stealing How to Avoid Holiday Scams

We get busy shopping for Christmas gifts online and in-store during the holiday season. It's the season that keeps on giving — but not for all. Scammers will devise clever ways to con you out of your hard-earned money. Some will take advantage of your generosity. So, as you scroll through shopping websites and wait for your gifts to come in the mail, be sure to protect yourself from scammers. Here are some tips.

Holiday Mail Scams

Shipping companies will give you updates and status on your items when you order something online or ship a package off. Although this tool is excellent for tracking where your orders are, scammers will send phishing emails pretending to be these shipping companies.

These emails claim your package is lost or more information is needed to process your order or shipment. Some may have a webpage link for you to submit personal information. Phishing

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