

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

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Planning for the New Year

The start of a new year can feel overwhelming with setting goals or making changes, but it doesn't have to be. Your plans for 2025 don't need to be grand and frightening. Try these tips to help you plan and fulfil your 2025 goals:

- If you have a large goal in mind, set some micro goals to help you get there
- Write your plans somewhere that you will see every day
- Make realistic and achievable plans
- Share your plans with a loved one to help hold you accountable
- Remember, accomplishing small goals is just as impressive as reaching big goals
- Celebrate and take pride in your achievements big and small



Organizing for a Healthier Year

Organizing is all the rage with tons of organization videos trending throughout social media. Don't let social media fool you, you don't have to have a bunch of clear containers and bins to be "organized." Even without the trendy bins, the small task of decluttering can help to set you up for a tidy new year. Think about how good you feel after you go through an overflowing drawer, toolbox, or closet. Set some small goals to declutter and organize this month. Believe it or not, it can have a positive effect on both your physical and mental health. Organizing and decluttering has been linked to:

- Reduced stress
- Improved relationships
- Better sleep
- Improved mood
- Healthier eating choices
- Improved physical activity
- Better time management
- Improved focus
- Improved self esteem
- Being more productive



Dates and Events

- 1/1 - Happy New Year!
- 1/6 - BPS return from winter break
- 1/10 - City of Rockledge Food Truck Friday
- 1/20 - Martin Luther King Jr. Day
- 1/25 - Space Coast Wellness Challenge kick-off

Click [HERE](#) for community events and links

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A Journey to Resilience
A program of Space Coast Health Foundation
& Lifetime Counseling Center