



January – Year of Health:

"This is a permanent law for you, to purify the people of Israel from their sins, making them right with the Lord once each year." Leviticus 16:34

In the Chinese culture, the New Year is the time dedicated to finish with the old and to start with the new. Their traditions include visiting friends and family to re-establish relationships, cleaning the house to prepare for the coming year, stocking cupboards with household provisions, settling all old debts, and putting forth their best behavior. All of these activities are to make the new year better and healthier.

What are you going to do for your health this year? Are you going to keep all of your old habits and ignore healthier ones? For example have you considered limiting your meals at fast-food restaurants? Can you develop healthier choices at the grocery store? Will you improve your exercise habits by walking or joining a health club? Have you considered the health benefits of practicing self-care and a well-balanced lifestyle? Any and all of these will guide you to a healthier life.

Once you decide to make an improvement, you must first choose what area to change then make the commitment to see that change occur. Many of us take the first step of making the promise to change our behavior or habit but find it difficult to take the actual steps and then follow through on the lifestyle change. To be successful when making the commitment to alter behavior you need to have dedication, strategy, and action. Until you have a plan and begin to follow it, change is only a verbal statement.

The New Year is a good time to look at your life and determine what you need to change or improve. Start the year by considering your health. Follow the monthly tips from your parish nurse to see how you can become healthy, prevent disease, or minimize complications to your current health. Focusing on the future and a well-balanced life will help you participate more fully in the love and joy of your family. (Source: Chinese Culture Center of San Francisco)