

A woman with dark, curly hair is shown in profile, looking upwards and to the right with a thoughtful expression. She is wearing a white V-neck top under a grey cardigan. She holds a yellow pencil in her right hand. The background is a blurred indoor setting with vertical lines, possibly from a window or door.

NEW YEAR'S Resolutions

Make a Career Change

When you become uninterested in your career, a change can be positive for your physical and mental health.

Many people reach an age when they feel they have too much invested in the industry, and the leap into a new career is too overwhelming. However, with the right planning, a transition can be smooth and rewarding.

Before planning a change, you should research industry trends. Analyze classified ads to understand which fields are in demand, their requirements and how your skills and knowledge can help you thrive. If you are unqualified for your dream job, take the steps to continuing your education to acquire the degree or certification you need to break in.

HELP FROM A PROFESSIONAL

Since many occupations require applicants to apply on their websites, a subpar resume can be eliminated by keyword recognition software before it even reaches a hiring manager's desk. Especially when making a career change, hiring the expertise of a certified professional resume writer will make your submission stand out.

To pass an initial scan from an applicant tracking system used by many companies, an expert will analyze the import-



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ant an industry's important keywords and seamlessly add them to your resume.

Once your application is in front of the person who makes hiring decisions, your job experience and life skills can take center stage.

PRACTICE THE INTERVIEW PROCESS

When making a career

change, it's likely your job interviewing skills are rusty. Take the time to become comfortable while in front of a hiring manager by familiarizing yourself with common questions that commonly arise.

Can you tell me a little about yourself? This is your chance to boast and brag about how your past experi-

ences can be used to push a company forward. Rather than tell your life story, take this opportunity to highlight a few career goals you have achieved.

What is your greatest weakness? You need to find a balance between claiming to be perfect and explaining a weakness that make you seem unreliable. The best answer

should explain a minor weakness but show that you're in the process of making improvements.

How did you hear about the position? Hopefully, you were referred by a friend or professional peer. It's a good idea to tell your interviewer their name, especially if they are respected and established in the field.

Create a Support Group

Making a New Year's Resolution is a tradition Americans use to improve an aspect of their lifestyle. While it's easy to create a life changing promise, adhering to it throughout the entire year can be difficult. Network with your friends and family to create a support group to keep each other motivated.

While your resolution partner doesn't have to be someone with the same goal set, a common interest will make it easier to share success and struggle stories. If your close friends have different mindsets, you may find comfort by reaching out on social media to like-minded peers.

However you go forward with your New Year's resolutions, make sure you have a partner to steer you toward making the best decisions.

SUPPORT SYSTEM

Lifestyle changes can be difficult while your body adjusts to its new routine. If your goal is to start an exercise program to lose weight, it's easy to forget your diet and regimen without motiva-



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tion. Instead, work with a friend who will hold you reliable when showing up to the gym and making the right eating decisions.

When your resolution is to give up an addictive behavior like drinking or smoking, a support group can be a great resource. Use a reward system to congratulate each other on different milestones. For instance, once you complete

the first month of your resolution, take a vacation or have a night out to celebrate.

You will be surprised with how much extra money you have once you quit spending it on hindering substances.

OVERCOMING MISTAKES

If you or your resolution partner falls behind on the New Year's commitment, don't be discouraged or lay blame.

Instead, use shortcomings as lessons to avoid them in the future. Rather than feeling guilty about a misstep, consider why the choice was made and how it led to the mistake.

Once you realize what triggers the urges, your group can create a strategy to take a more positive attitude instead of falling back to the previous behavior.

BOAST ABOUT ACCOMPLISHMENTS

If your teammates are comfortable with the idea, don't be afraid to brag about the milestones you reach. While posting on social media isn't always accepted, you can share your stories with close friends or loved ones. Your success may encourage others to make the same life-changing decisions in the future.



Each year, Americans promise to improve their financial situations by committing to saving more money.

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Resolve to Save More Money

Having a healthy savings account can protect us from emergencies, enhance retirement and allow for financial freedom. If you're having trouble finding the funds to build your bank account, follow these tips to help it grow.

ASSES YOUR OBLIGATIONS

There are numerous expenses that Americans are required to pay. Are you sure you're getting the best price? Limiting the monthly payments you make towards health and auto insurance; a mortgage payment and auto-

motive loans can significantly increase the amount you save.

Check with your policy holders and lenders for options to reduce your monthly obligations. For instance, your vehicle's insurance costs can be drastically reduced when bundling it with another policy. You may even qualify for discounts based on safe driving or meeting an age threshold.

Your mortgage can be impacted if you choose to refinance your loan. While this option isn't right for everyone, those who meet the requirements of their lenders can receive

more competitive interest rates.

BANK ACCOUNT FEES

Your bank accounts should work for you, not against. When signing up for a new savings or analyzing an existing account, investigate the associated fees. Some banks waive the additional expenses if you meet certain requirements.

It's important to understand their unique circumstances. Ask an agent about interest-earning accounts so your nest egg will grow as you continue saving.

SAVE ON GROCERIES

When you're navigating the aisles of a grocery store, you can save by buying off-brand products. Especially for foods, avoiding the name-brand items can save you a significant amount. If you're unsure about considering a lesser option, compare the labels of the store's offerings to find that much of the ingredients are the same. Buying in bulk is another great way to save on necessities that don't spoil. Some warehouse outlets offer great savings for a small membership fee.

Limit your Screen Time

Modern smartphones and tablets are great tools to stay on top of news and events happening in our communities and at a national level.

However, when the screen begins to overtake our daily lives, lessening their use can promote positive benefits. This year resolve to put down your device and enjoy the company in front of you.

“Do Not Disturb” mode will be a valuable resource when limiting your screen time. Especially in settings when you are in the company of others, avoid the urge to checking your phone by turning off its notifications. Many smartphones include options to choose a designated time of day to automatically enter this mode.

Consider using it during dinners or family-board game night to enjoy the wholesome company of your closest loved ones.

LIMIT SOCIAL MEDIA

Do you often find yourself blindly picking up your phone to browse your favorite social media site? You may be unaware that it can have a negative influence on your health and wellness.

According to a recent medical study, Facebook users who avoided the site for just a week showed higher levels of

life satisfaction and improved emotional life.

While social media outlets provide great access to current events and achievements of your closest friends and family, overuse can cause a type of envy that affects the relationships with your physical companions.

INVOLVE THE ENTIRE FAMILY

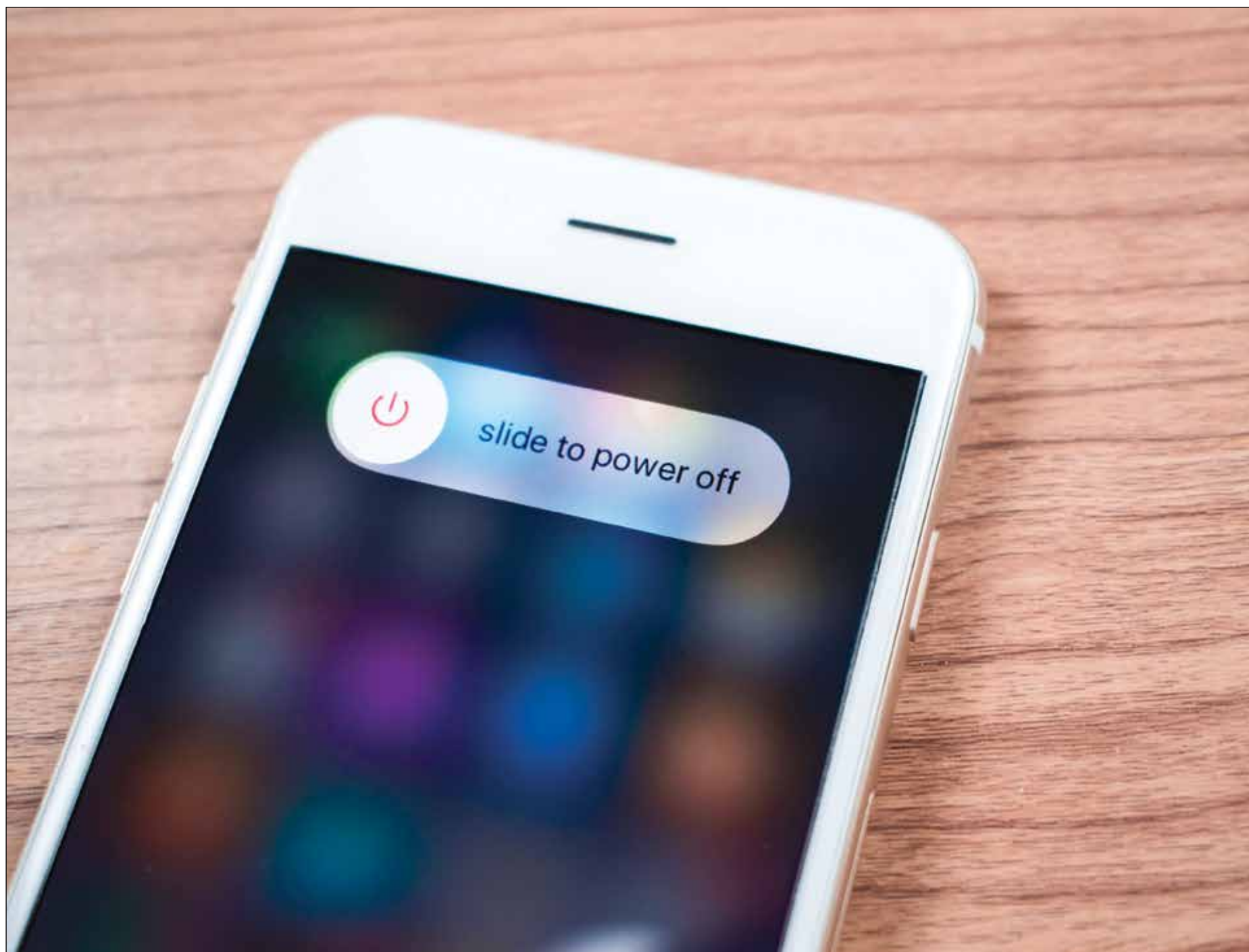
If you have children who utilize smart devices, show them the importance of limiting their screen time. Especially for younger kids, managing their access is crucial to instill your expectations as they age. Take advan-

tage of parental-control settings to limit the programs they use and the timeframe it is allowed.

It may be more difficult to limit screen time in older children, especially if their friends are also online. Be vocal about your expectations on how often they use their device

and the content they view.

Have a serious conversation about cyberbullying and how to report it if they become victims. According to the National Crime Prevention Council, nearly 43 percent of kids have been bullied online and one in four has had it happen more than once.



Take a Vacation

This can be the year when you take the vacation of a lifetime. With the right planning and budget for your adventure, you can enjoy a popular destination without a financial burden.

Create a list of attractions with your friends or family to choose an incredible place to visit and make it a New Year's resolution to achieve it.

When you plan a vacation with multiple people, it's important that everyone does their share to make it happen successfully. Task individuals with different stages in the process like booking rooms or flights, finding exciting events and coordinating dates that work for the whole group.

One way to avoid the difficulties of booking a vacation is hiring the expertise of a professional travel agency. Their knowledgeable staff will take care of everything so your group can simply show up on time and enjoy an amazing experience.

Whether you're planning to take a luxurious cruise or visit a gorgeous resort, a lavish vacation can be a great way to recharge your batteries and come back to your daily life refreshed.

Here are a few incredible destinations to consider from the Travel Channel.



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CANCUN, MEXICO

You probably associate this location as the ultimate spring-break party central, but there are also incredible attractions to make this beach land the perfect family friendly retreat. With miles of beaches and waterfront properties to stay, Cancun is a

wonderful place for groups who want to witness endless oceans and amazing amenities.

ORLANDO, FLORIDA

While Orlando is probably most well-known for being the home to Disney World, there are many other places

to visit. Children will relish in the magic of Legoland and the be awestruck at Sea World. For the brave, don't forget to check out Gatorland, which is a 110-acre habitat featuring exotic wildlife life including alligators, crocodiles and a multitude of snakes.

NEW YORK CITY

If you haven't experienced the hustle and bustle lifestyle of one of the country's busiest cities, New York provides a vacation like no other. Pack your bags and visit the famous Central Park, catch a Broadway show and take in the thriving art scene the city offers.

Visit Your Doctor

Staying on top of your health means regular visits to your doctor. In addition to attending an annual physical, make your New Year's resolution to schedule necessary screenings based on your physician's suggestions.

If you don't already have a preferred doctor, your first step should be to acquire one. When visiting with different professionals, ensure you feel comfortable in their office as you will be expected to share extremely personal information regarding your health and lifestyle.

It's also a good idea to check with your health care provider to ensure you pair with an expert in their network.

CHECKING UP

If it's been awhile since you have visited with a doctor, you may not know what to expect during an initial checkup. The Centers for Disease Control and Prevention recommends regular health exams to catch problems before they start.

During the initial trip to your new physician, they will analyze your health by conducting blood tests, going over lifestyle behavior and



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inquiring about your family's medical history. Once your relationship begins, they will then discuss the necessary screenings you require based on age and other factors.

SCREENINGS

Do you know that periodic screenings can save your life? In fact, the CDC reports that if everyone in the United States

received clinical preventative care, more than 100,000 lives could be saved, annually. Check out some of the most common screenings recommended for men and women, from the U.S. National Library of Medicine.

Colorectal cancer: If you're over 50, these screenings are necessary. Discuss your family history with you physician

to discover if they should be performed at a younger age.

Prostate cancer: Men over 50 should also seek annual screenings to discover oncoming signs of this dangerous disease.

Breast cancer: Unless otherwise recommended by a doctor, women should receive a mammogram every year starting at the age of 40.

ADDRESSING CONCERNS

When you're visiting with your doctor, be honest about changes in your health that are concerning. They can usually suggest tests or reasons for symptoms you may be experiencing. In the case that something is going awry with your body, they will develop the right strategy to maintain or alleviate your symptoms.

Get on your Feet

If your New Year's resolution is to lose weight, the majority of your time doesn't have to be spent grinding in the gym and adhering to a strict diet. For most of us, simply getting up and moving will have huge benefits when cutting calories, and it can be fun when you combine it with a social experience.

Take advantage of step-counting tools like a pedometer or smartphone apps to see your progress. Try to challenge yourself each day by beating a previous record and setting achievable goals. The visual ability to see how much you move provides great motivation to keep on moving.

JOIN A SPORT

You don't need to be a super athlete to get exercise while playing sports. For example, consider the slow pace of a game of golf. The International Golf Federation reports these awesome health benefits to gain by spending a day on the greens.

Walking an average 18-hole

course can average between four and eight miles of aerobic activity.

Respiratory functions in older adults is maintained and improved with regular activity. Physical activity reduces risks of chronic diseases like stroke, diabetes and depression.

While golf may be a great option as your body adjusts to its new active lifestyle, don't limit yourself to it alone. As

you become more physical, try new sports like basketball, tennis and marathon running to really test your limits.

START A WALKING CLUB

Reach out to your peers and loved ones to begin a walking routine. It can be as simple as walking around the office on your lunch break or gathering on a weekend to take a journey around the block.

According to the American Heart Association, only 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity can greatly promote disease prevention and your overall well-being.

MAKE EXCUSES TO WALK

To blend more movement into your busy schedule, look for excuses to walk further distances.

You can try to park at a parking spot that's furthest away from your office doors or at the grocery store. Incorporate a walking routine when you take your four-legged friends outside; they'll enjoy the activity too. It's easy to find time to squeeze in physical activity into your normal routine and continue to exceed your daily step goals.

