

**9<sup>th</sup> January 2026**

## **Inclusion North News**

Inclusion North will share an important news story or tell you about their work every 2 weeks.



### **New Year's Resolutions**



A New Year's resolution is a promise you make to yourself to start doing something good or stop doing something bad when a new year begins.



The start of a new year feels like a fresh start.



People use this time to think about their habits and if they want to change them.



A resolution is a goal people decide to work towards over the next few months or the whole year.



People often choose goals related to health, personal development, or helping others.

People may choose to:



- Exercise more often.



- Eat healthier foods.

- Learn a new skill or hobby.

- Save more money or spend less.

- Spend more time with family and friends.



- Give up an unhealthy habit, such as smoking.



The idea is that with focus and effort, these good intentions can become lasting habits.



Can you think of a New Year's resolution you would like to make?



### Well-being tip



Plan things to look forward to. Organise activities like a day trip or a movie night to boost your mood through January.