



# New Year's Resolutions

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New Year's resolutions have a longer history than you might have thought. Evidence of people making resolutions to appease their gods date back to the time of the ancient Babylonians. From the religious influence historical resolutions had, to modern resolutions focused on self help and body improvement, perhaps the last 9 months of history making events will shift the foundation of resolutions yet again.

From resolutions such as those to improve aesthetic body composition, to the composition of our mindset and the newfound resiliency of the human race, make the resolution this year...to change how you make resolutions.

Check out websites like Good Housekeeping for ideas on making resolutions that will spark real and long lasting life change. Make resolutions that, when enacted, will create the ripple effect on other aspects of your life.

A goal of losing weight may not have overarching health benefits to your body, especially if you choose a fad diet and lose weight in a way that is not sustainable. However, if your resolution is to add exercise to your life even in a minimal amount, benefits from the added exertion may be: more energy, motivation to revamp your overall diet, better health results on medical lab work, and so on.

New Year's resolutions with such "snowball" effects can create far reaching change in your life more than you may have expected. One such far reaching resolution that has been suggested for 2021 is that of volunteering. Effects of the act of volunteering can lower stress levels and blood pressure. Imagine participating in a volunteer roadside litter cleanup. In addition to the lowered stress and regulated blood pressure, you will be increasing your movement toward your exercise goal and possibly even widening your network of friends within your neighborhood.

Another 2021 suggested resolution is to decorate your home with more family history. Photos and memorabilia from your family's history can spark conversations among your family and friends about your family tree, helping to pass on stories and create memories to help unite us.

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Sources:

<https://www.history.com/news/the-history-of-new-years-resolutions>

<https://www.goodhousekeeping.com/health/wellness/advice/g985/achievable-new-year-resolutions/>