

HAPPY

*New Year!*

2023

Gulf Coast Community Services Association, Inc. Volume 3



JANUARY NEWSLETTER

GCCSA ONE TEAM NEWS



# NEW YEAR, NEW YOU



## How to Stick to your Goals this Year

- Tackling your goals in smaller steps can help you reach them easier
- Be realistic with your goals and visualize yourself achieving them.
- Write your goals down to serve as a visual reminder
- Invest in yourself. Take at least 30 minutes each day to work on your goals

## EMPLOYEE HIGHLIGHT

### Karla Arias

Health & Nutrition Manager

*Karla Arias is the Health & Nutrition Manager, and she is ready to start off 2023 strong! At the beginning of the year Karla created a vision board to help her see and focus on her goals, giving her a daily reminder of what to focus on. To stay active and healthy, Karla implements going to the gym into her schedule, going each morning prior to starting work. Starting her day off at the gym means that she will have "more energy throughout the day" and "enough time to relax after work" when she gets home. It's important to live an active and healthy lifestyle because "I believe that your physical health is directly in line with your mental health. What you do now matters and will affect your quality of life when you get older."*



*To keep herself motivated, Karla pursues things that she is passionate about, and in her free time she enjoys expressing her creativity through arts and crafts, especially crocheting! She believes that "making less plans and leaving time for yourself" is necessary to recharge and destress. Gardening, walks around the park with her boyfriend, and cuddle-time with her cats are all ways that Karla combines "me-time" with staying active! In addition to focusing on her physical and mental health, Karla maintains excellent nutritional health as well since becoming a vegetarian. Being a vegetarian allows "me to be more creative with foods" and makes her body "feel a lot better."*

## Challenge of the Month: Veggies!

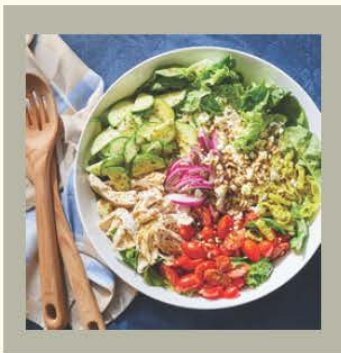
Eating vegetables can bring you many health benefits. They are full of vitamins and minerals, and can help to reduce the chances of certain chronic diseases, such as cancer and heart disease. Broccoli, carrots, and sweet potatoes are all in season this month, so try adding these veggies into your regular meals!



## Recipe of the Month

*Chopped Power Salad with Chicken or Tofu*

Salads should not be boring! Enjoy this powerful salad which not only contains beautiful bright colors, but it also contains a variety of vegetables, protein, and healthy fats. Click on the picture to get the recipe!



Year Of The Rabbit