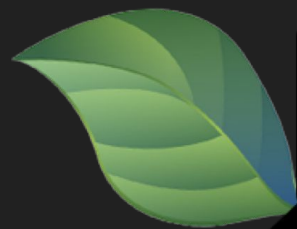


STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



STAY HEALTHY AT HOME WEBINAR SERIES



Resolution Solutions & Healthier Habits

JANUARY 12, 2021 FROM 2 - 3 PM

INTRODUCTIONS

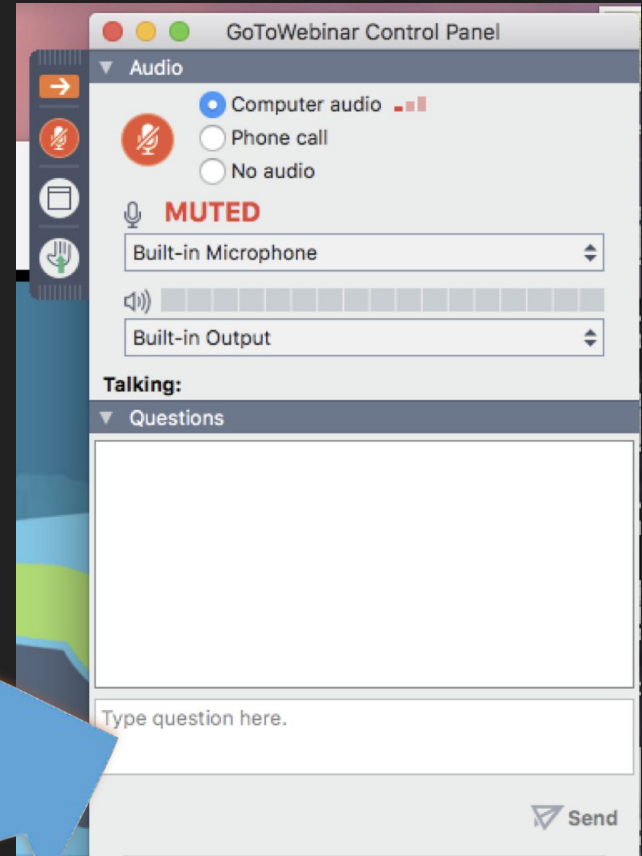
Erin Smithers, the Information/Referral Coordinator, NJ Self-Advocacy Project (NJSAP)

Frankie Bayak, Media & Communications Coordinator, NJ Self-Advocacy Project

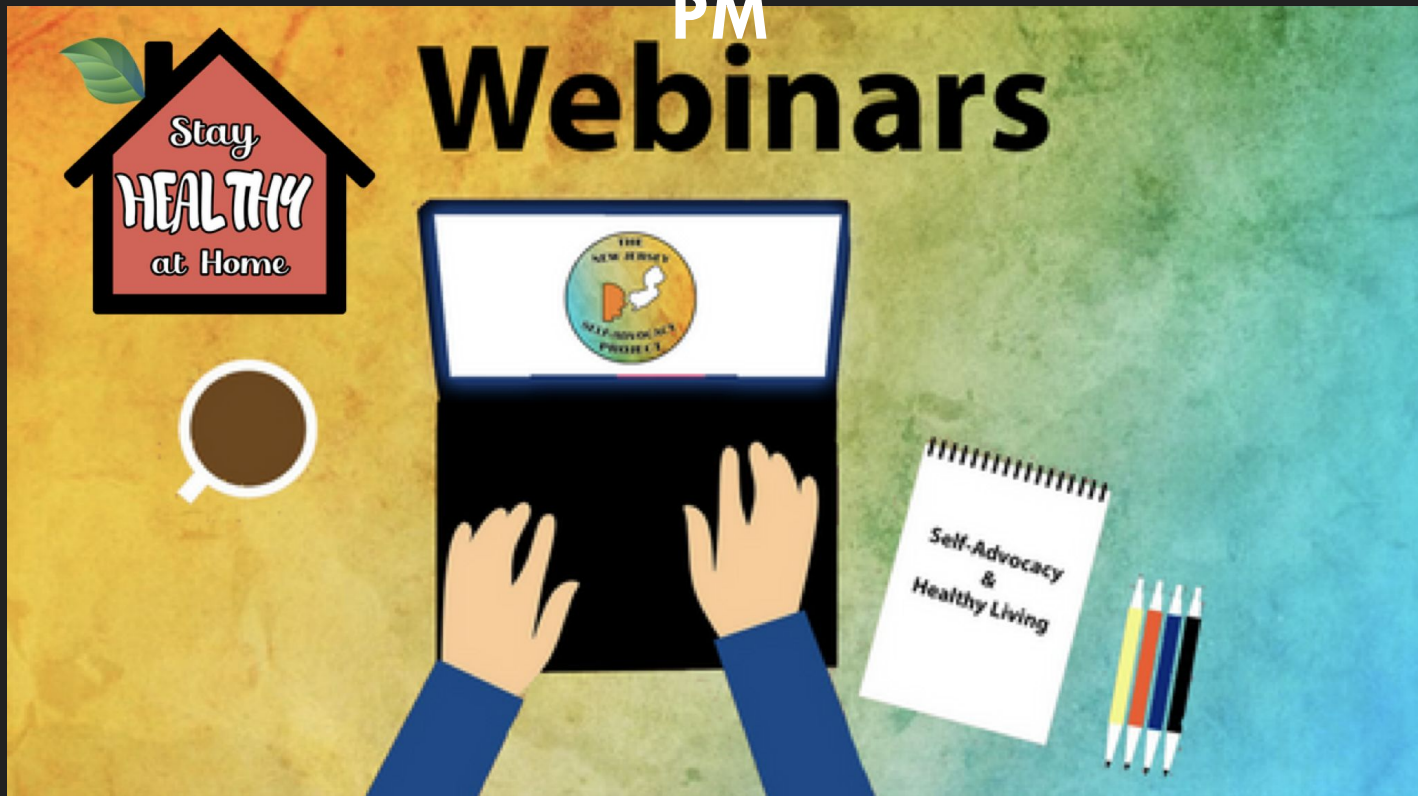
Ashley Ritchey, Director, NJ Self-Advocacy Project

- NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

Type your
questions,
comments,
feedback in the
questions box



STAY HEALTHY AT HOME SERIES: EVERY TUESDAY AT 2
PM



Register [here](#).

TODAY'S TOPICS:

- **Keeping your New Year's Resolutions!**
- **SMART Goal setting and examples**
- **Using technology to track your progress**





Have you made a New Year's Resolution?

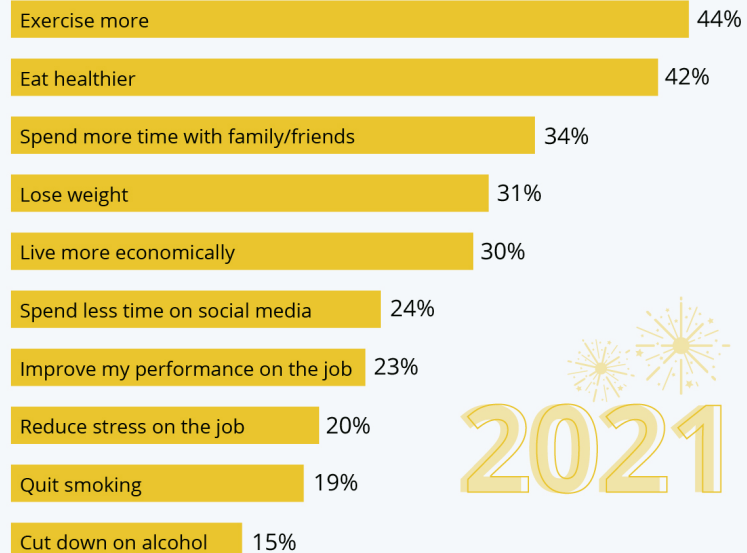


Most Popular for 2021

These are some of
the most popular
New Year's
Resolutions that
Americans are
making for 2021

America's Top New Year's Resolutions for 2021

Most popular new year's resolutions among those planning to make one or several



2021

Survey of 531 US adults, November 2020
Source: Statista Global Consumer Survey





Let's Brainstorm!

Resolutions for:

1. Body
2. Mind
3. Environment

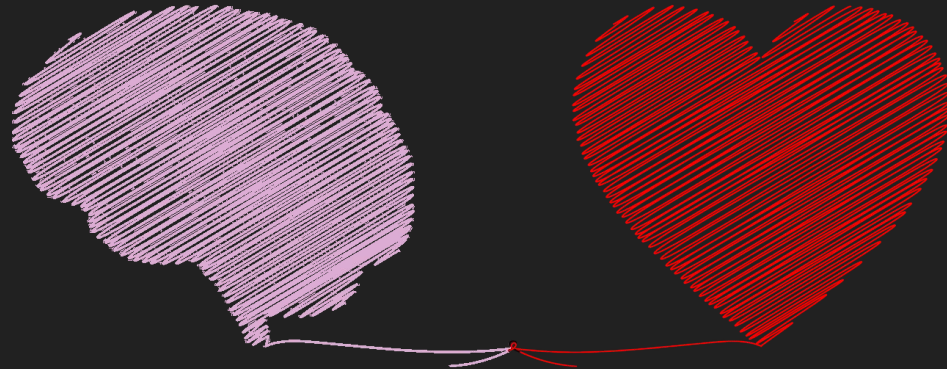
Resolution Ideas for a Healthy Body

- Eat During the Day
(Not at Night)
- Stay Mobile
- Regular Health Check-Ups
- Drink More Water
- Get More Quality Sleep



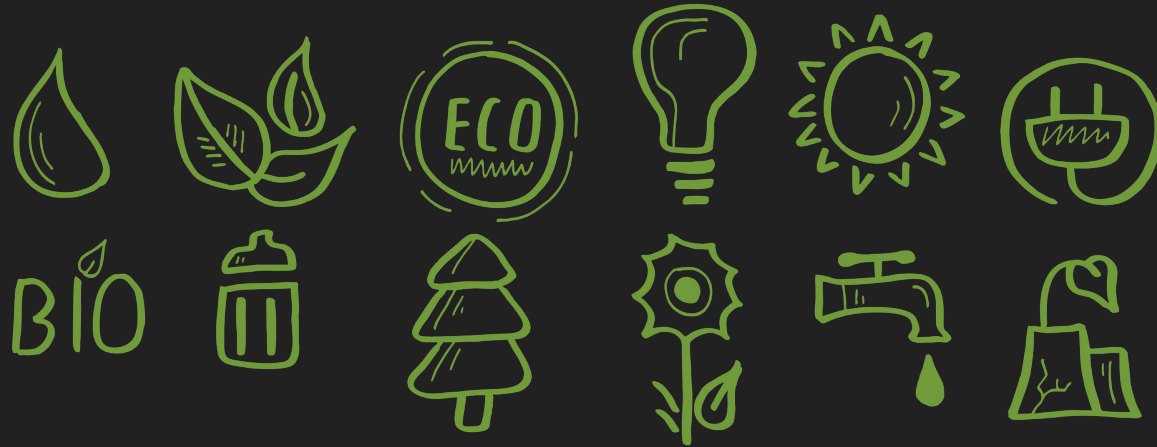
Resolutions Ideas for a Healthy Mind

- Stay Social
- Reduce Stress
- Meditate
- Practice Self-Care
- Learn About Mental Health
- Be Kind To Yourself



Resolutions for a Healthy Environment

- Buy Less, Reuse More
- Consider Composting
- Eat Plant-Based Food
- Conserve Water



You Can Also Try Breaking a Bad Habit



IMPULSIVE WEB BROWSING

It's easy to get sidetracked looking up the answers to random questions as you think of them. Instead, write down your questions and look them up when you're not working.



MULTITASKING

Scientific research found that only 2% of the population is capable of effectively multitasking. The rest of us should focus on one task at a time.



ACTIVELY CHECKING EMAIL

Each time you check email you lose up to 25 minutes of work time. Try restricting email checking to a few times a day.



SITTING ALL DAY

The longer we sit, the less alert we become. Try walking and talking 20 to 30 miles a week to drive fresh thinking.



HITTING THE SNOOZE BUTTON

The battle with your alarm clock doesn't give your body any extra restorative sleep, and it drains your finite supply of will power that you need to get through the rest of the day.



FAILING TO PRIORITIZE

Having too many goals can be extremely unproductive. Pick the things that are most important; ignore the rest.



MORAL LICENSING

Cheating as a reward for sticking with a new habit undermines a lot of people's plans for self-improvement. Make your goal a part of your identity.



PUTTING OFF YOUR MOST IMPORTANT WORK UNTIL LATER IN THE DAY.

People have a limited amount of willpower, and it decreases throughout the day, so it's best to get your hardest, most important tasks done at the beginning of the day.



TAKING TOO MANY MEETINGS.

Nothing disrupts the flow of productivity like an unnecessary meeting. Don't accept an invitation unless there's a clear agenda and time limit.



OVER-PLANNING

Meticulously planning every hour of the day doesn't allow for the unexpected to happen, which can throw a wrench into the entire day. Instead, plan for five hours of real work daily.



UNDER-PLANNING

It's better to determine what you want your outcome to be and lay out a series of steps to get there, than to try to come up with your endgame midway through a project.



USING YOUR PHONE IN BED

Smartphone LED screens give off blue light, which can suppress production of melatonin, a hormone that helps regulate the sleep cycle and makes us happier.

Illustrated by Larry Kim (@larrykim)

SUCCESS RATES

Success rates for resolutions fizzle out after one month and even more so after six



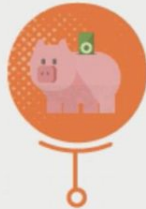
Unhappy people are more likely to make New Year's resolutions.

HAPPINESS INFLUENCES RESOLUTIONS



41% ARE NOT HAPPY
34% ARE MODERATELY HAPPY
25% ARE HAPPY

SMALLER PLANS



35% AVERAGE SUCCESS RATE OF THOSE WITH MORE MANAGEABLE RESOLUTIONS.

AGE INFLUENCES RESOLUTIONS



15% AVERAGE SUCCESS RATE OF THOSE OVER 50
39% AVERAGE SUCCESS RATE OF THOSE 20-29

How successful is your typical New Year's Resolution?

S

G

Specific

M

O

Measurable

A

A

Achievable

R

L

Realistic

T

S

Timely

A large, white, sans-serif capital letter 'S' is centered on a dark blue rectangular background.

Specific

SMART Goals can be described and understood easily.

Specific example: I will go for a **walk** every **weekday**.

Less specific: I want to be more active and lose weight.

A large, bold, white letter 'M' is centered within a blue square background.

Measurable

When possible, use numbers or percentages to mark achievement of the goal.

Measurable example: I will go for a **30 minute** walk every weekday.

Less helpful example: I will exercise more and get healthy.

A large, white, serif capital letter 'A' is centered on a teal rectangular background.

Achievable

Is this a goal you believe you can achieve?

Achievable example: **If** I can't go for my walk, I will pick a 30-minute fitness video and exercise indoors **instead**.

Unhelpful example: I'm going to exercise everyday no matter what.

A large, white, serif capital letter 'R' is centered on a solid green square background.

Realistic

Is the goal realistic *to you*?

Realistic example: I will weigh myself at the **same time** each week and write down that number in my fitness journal.

Unrealistic example: Walking will help me lose lots of weight fast.



When will you review your progress?

Timely example: I will increase the length of my walk by 5 minutes **every other month** and discuss my progress with my doctor at **my annual check up in October.**

Bad example: I'll stick with my fitness routine forever.

Using Assistive Technology (AT) for Accountability

What can I help
you with?



Smart Watches





Smart Phone, Tablet, Laptop, Computer



Smart Phone, Tablet, Laptop, Computer

The screenshot shows an iCalendar application on a computer. The main view is for Wednesday, September 12, 2018. The calendar grid shows events for the day: 8:30 AM FaceTime with grandma, 10 AM Coffee with Edward (Philz Coffee), 12 PM Lunch with Travis (Kokkari Estiatorio), and 3 PM Leadership Conference. A detailed view of the 'Coffee with Edward' event is shown on the right, including the location (Philz Coffee, 3101 24th St, San Francisco, CA) and a map. The interface includes a sidebar with categories like Personal, Work, Family, and School, and a top navigation bar with 'Day', 'Week', 'Month', and 'Year' views.

The screenshot shows a mobile browser interface for nytimes.com. The top status bar displays the time 3:21 and signal strength. The browser address bar shows the URL nytimes.com. A menu is open, displaying options: 'A A OPEN', 'Hide Reader View', 'Font Iowan', and 'Website Settings'. The page content below the menu is partially visible, showing the text 'n. ET' and 'Resarcners said the pronies, linked to'.

Smart Phone, Tablet, Laptop, Computer

The Pomodoro Technique

1

Decide on the task to be done.

2

Set the timer to **25 minutes**.

3

Work on the task until the timer rings.

4

Take a short 5 minute **break**.

5

Take a 15-30 minute **break**.

repeat 4 times



Download Applications

Top Productivity Apps for Best Performance

The Trello logo consists of a blue square icon with a white document symbol and the word "Trello" in a blue, sans-serif font.The Zapier logo features the word "zapier" in a lowercase, orange, sans-serif font, with a small orange starburst icon above the letter 'i'.The Todoist logo shows a red square icon with three white horizontal lines, positioned above the word "todoist" in a lowercase, red, sans-serif font.The icon is a white calendar page showing the date "Tuesday 29" in a black, sans-serif font.The Hootsuite logo features a black owl head icon above the word "Hootsuite" in a black, sans-serif font.The HelloSign logo includes a blue checkmark icon followed by the word "HELLOSIGN" in a blue, uppercase, sans-serif font.The Evernote logo features a green elephant head icon above the word "Evernote" in a black, sans-serif font.The Slack logo shows a colorful icon of four people silhouettes followed by the word "slack" in a lowercase, black, sans-serif font.The Dropbox logo features a blue icon of three stacked boxes followed by the word "Dropbox" in a black, sans-serif font.

Smart Speakers



Achieve Your Goals!



**FREE
TRAININGS
FOR ADULTS
WITH
DISABILITIES**



NEW Request a training on the NJSAP homepage:

<https://www.arcnj.org/programs/njsap/trainings.html>

Healthy
Lifestyles
Project
LIVE 

Live Healthy,
Together



  
Foundation for New Jersey

Register [here](#).

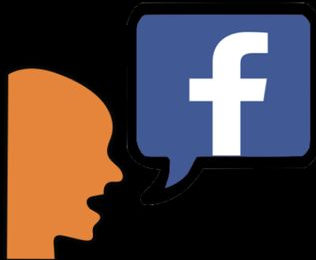
EVERYTHING IS AVAILABLE ON:



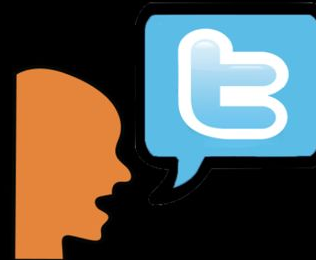
www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> -Check social media feed for Veronica's new nutrition video 	<ul style="list-style-type: none"> -Watch the new Stay Healthy at Home webinar at 2pm 	<ul style="list-style-type: none"> -Interactive Zoom event for HLP:Live at 11am <ul style="list-style-type: none"> -Check social media feed for IHT's new workout video 	<ul style="list-style-type: none"> -Play this week's Brain Game on Zoom at 1pm 	<ul style="list-style-type: none"> -Check social media feed for Erin's new recipe video <ul style="list-style-type: none"> -HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to SPEAK UP!



Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP



Click [here](#) to
join the NJ
Self-Advocacy
Project's
email list.

Questions?

Comments?



RESOURCES FROM WEBINAR RECORDED ON JANUARY 12, 2021

The Arc of New Jersey: <https://www.arcnj.org/>

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

Join the NJSAP email list:

https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdaiyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmndLyH8%3D

NJSAP Facebook: <https://www.facebook.com/NewJerseySAP>

NJSAP Twitter: <https://twitter.com/njsap>

NJSAP Instagram: <https://www.instagram.com/newjerseysap/>

NJSAP LinkTree: <https://linktr.ee/njsap>

NJSAP videos: www.arcnj.org/programs/njsap/videos.html

New Jersey Statewide Self-Advocacy Network: <https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>

Bad Habit Infographic: <https://mobilemonkey.com/articles/bad-habits-to-break>

New Years Resolutions Success Rates:

<https://visual.ly/community/Infographics/health/most-common-and-most-commonly-broken-new-years-resolution>

Samaritan Health Services, Rev Up Your Exercise Routine with SMART Goals:

<https://www.samhealth.org/about-samaritan/news-search/2019/01/07/get-motivated-for-exercise-with-smart-goals>

SMART Goal Setting and Action Plan Resource:

<https://sigep.org/wp-content/uploads/2016/11/SMART-Goal-Setting-and-Action-Plans-Resource.pdf>

ATIA: <https://www.atia.org/home/at-resources/what-is-at/>

Techliance Productivity Apps: <https://blog.techliance.com/top-productivity-apps/>

<https://www.arcnj.org/programs/njsap/webinars.html>