31 days to better well-being

SIMPLE STEPS TO HELP YOU FEEL BETTER IN ANY PART OF LIFE.

JANUARY is the time when many people make big promises to live a healthier, wealthier, more fulfilled life. These goals can be big and broad—and really hard to check off a to-do list. We chose 31 tips that should be easy to do in the normal course of the day, without adding to your workload or stress. You don’t have to be making a New Year’s resolution to take these small steps. You can start on the path to better well-being any time.

MONEY: Many people aim to "spend less and save more," but financial wellness is about more than that. It’s also about knowing where you stand, and spending money in a way that you value.

HEALTH: So many people get tripped up on the path to better health because they set lofty goals like “eat healthier” or “exercise more.” These goals are great in theory, but there’s a good reason so few people achieve them: They make it much too easy to fail. So try focusing on small steps toward better health.

WORK: If you’re working, chances are your job is the biggest source of stress in your life. That’s ok—stress can be a great motivator. But it’s important not to let workplace stress morph into anxiety. You can feel better about the time you spend at work, and perhaps even do better in your job, if you take care of yourself.

LIFE: Other common goals—like "practice more self-care" or "find love"—seem aimed at increasing happiness, meaning, and purpose. You may be more successful by taking smaller steps that increase your resilience and foster your social connections.

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