

# Butte School District

## Employee Wellness Newsletter

January 2024

### Wellness Committee Update:

The wellness challenge will resume on January 8th! We are so excited to support everyone in their 2024 wellness goals!

The wellness committee will meet this month to discuss other wellness items including a potential cookbook, additional employee wellness offerings and more.

If you have any suggestions for the committee feel free to send via email to Kurt Marthaller or Katie Pipinich.

### Wellness Tip:

With the new year upon us, you may feel pressured to make several resolutions to improve your health. Setting goals can be really beneficial but it can also lead to overwhelm. We have a few tips to help you set realistic goals this year!

- Make your resolutions “SMART goals.” Creating specific, measurable, attainable, realistic and timely goals helps us to track progress and ensure we are being realistic.
- Be patient with yourself!
- Remember resolutions can start any day. Just because you didn't meet your goal one day, doesn't mean you can't start back up the next day!
- Have a positive accountability partner. Sharing your goals and checking in to see if you are meeting them can help you to feel more supported and encouraged.
- Be picky about your goals. Only set a few at a time. You can always take on more later after you have mastered the first ones you created. As you succeed in your goals, your confidence will increase.
- Take it step by step. If there is a goal you keep setting and not meeting, try to set a smaller goal that could be the first step towards meeting the bigger goal.

### Upcoming Events and Announcements:

No announcements at this time.

We look forward to sharing more exciting wellness events in 2024!

### Resources to Check Out:

SMART Goal Worksheet:  
[Download Here!](#)

New Year's Resolutions:  
[Harvard Article](#)