

# HEALTHY LIVING

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Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



## HEALTH TIP: **NOT MAKING NEW YEAR'S RESOLUTIONS**

It's the time of year when we reflect on our lives and make resolutions about how we want the next year to go. While this practice isn't inherently bad, the way we approach resolutions often sets us up for failure. Think about it—how many times have we made resolutions only to break them within the first two weeks of the year?

Psychologically speaking, repeatedly setting and breaking resolutions can be harmful. On a deep, subconscious level, it sends messages that you are bad, lazy, or a failure. But you are none of those things. You are not bad. You are not lazy. And you are not a failure.

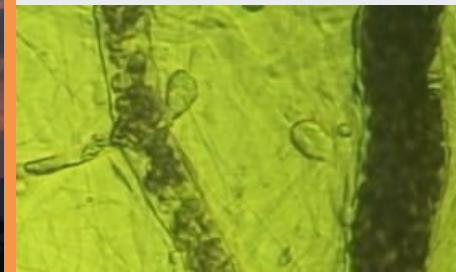
Making behavioral changes requires an incredible amount of effort and energy. Most New Year's resolutions—especially the "top ten" people commonly make—are entirely behavior-based. Yet humans are wired to seek comfort and the path of least resistance. When we slow down and get honest about the deeper issues we're trying to address through our resolutions, we give ourselves a better chance at real, lasting change. And maybe—just maybe—what we actually need is more gentleness. Perhaps we need to pause and appreciate everything we've already done to get to this point in our lives.

Setting and working toward goals is essential for mental well-being. So is appreciation and recognition—not from others, but from ourselves. You work hard. Some days, simply making it through the day is all you have to give—and that is enough. Stop and give yourself credit for that.

Yes, paying off debt or losing those last ten pounds matters, and achieving those goals can feel good. But lasting success comes from breaking goals into smaller, manageable steps. No matter where you are in the process, remember this: be gentle with yourself, and give yourself credit for the small things. They count more than you think.

## BEMER Video

Check out Dr. Berka's Video



## BEMER Tip

### CONSISTENCY IS KEY!

Getting back into healthy habits after the holidays is vitally important. Using the BEMER twice daily is optimal to help regulate and regain routine consistency. Not to mention helping to flush out any "extras" we might have indulged in over the holidays.

# RICOTTA BOARD WITH PEARS & HONEY-TOASTED PISTACHIOS

– BY [CAMILLESTYLES.COM](http://CAMILLESTYLES.COM)

- 1 cup whole milk ricotta
- Kosher salt and freshly ground black pepper
- 1 firm-but-ripe pear, cored and thinly sliced
- 1/3 cup honey-roasted (or regular) pistachios, chopped
- Fresh mint leaves
- Extra-virgin olive oil
- Honey
- For serving: Warm baguette slices or bread of choice

## RECIPE NOTE:

The recipe calls for spreading the ricotta directly onto the serving board. For individualized servings, spread the cheese onto bread of your choice and follow the rest of the directions accordingly.

## CHEF'S TIP:

Don't skimp on the ricotta! Use the highest quality that you can find. If all that's available is the low-fat variety, it's worth making your own! Instead of buying pre-made honey-roasted pistachios, making freshly caramelized pecans, pistachios, hazelnuts, or almonds is also tasty.

## INSTRUCTIONS:

1. Transfer the ricotta to a small mixing bowl, seasoning well with kosher salt and freshly ground black pepper. With a fork or a whisk, mix vigorously to lighten it up and make the ricotta spreadable.
2. Dollop the ricotta evenly onto a serving board, leaving a border of an inch or two. Use the back of a spoon to spread it evenly, with pretty swirls and texture.
3. Fan out the pear slices over the ricotta, then sprinkle the pistachios on top.
4. Scatter mint leaves over, then drizzle a little olive oil and honey. Add a pinch of flaky salt and pepper.
5. Serve with warm baguette slices for scooping up.



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