

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

JANUARY 2021

## HEALTHY HARMONY - One Degree of Change – Starting small is better than not starting at all

*Starting small is  
better than not  
starting at all.*

*By Jackie Billhymer*

Is it just me or does January feel a little different this year? Maybe it's because it is the first month of a new year and more notably, the year after 2020. Last year brought so many changes with it – COVID, remote work, at-home learning, an election, increased racial tension, and feeling less connected and too connected all at the same time. *Every single one of us has had to adapt in some way over the last 11 months.* As 2020 rolled over to 2021, I had time to reflect on what I have learned about myself and what I want from life in 2021.

I find myself thinking less about creating resolutions and more about how I can implement positive changes that will support my overall well-being. According to a [concept](#) from Richard Tyler, all it takes is **one degree of change**. The idea is that you shift just one degree by making one small change. The effect of that change down the road can be greater than you think.

The shift can be in your mindset, your physical activity, your eating habits, your intentions towards something or someone – it can be in any area of your life where you want more joy. If you think about it, shifting, even slightly, has possibly already happened to you in some way.

What worked well for you last year? What did not work so well? What do you settle for? How can you thrive?

Sometimes the weight you need to lose is not on your body. Sometimes we stand in our own way of accomplishing what we most desire. Less screen time, more activity, better self-care, whatever it is you want to accomplish requires change. We often think change has to be hard or dramatic in order to make an impact, but that is simply not true.

If you have just *one minute and 45 seconds*, listen to Tyler's concept and decide what your one degree of change will be this year. Let's make the most of 2021!

