

# Successful Psychology

## Tools For A Successful New Year's Resolution

(NAPSA)—New Year's is the time that people think about making important changes in their lives. Starting this year, it's now possible for you to make a resolution to better handle life's challenges and improve your mental health.



The Live Your Life Well campaign offers 10 evidence-based tools to protect and promote psychological well-being. These tools are practical, easy-to-follow ways to help everyone combat stress and live mentally healthier lives.

From eating well to helping others to simple exercises to help you relax, the program's suggestions can help people better manage stress throughout the year. These tools don't require drastic changes in your life—simply by setting aside a manageable amount of time each day, you can reduce stress and strengthen your mental health.

Live Your Life Well is a free, online program of Mental Health America—the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

This New Year, resolve to focus on ways to improve your life and keep stress in check by visiting [www.liveyourlifewell.org](http://www.liveyourlifewell.org).