



Ideas and Insights

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DECEMBER EDITION

In this special New Year's edition of *Ideas and Insights*, we bid farewell to the challenges of 2022 and offer some tips for greeting 2023.



Keep those traditions happening

There's security in New Year's traditions, and many nations have their own. In Spain and Mexico, they eat 12 grapes at midnight (for sweetness each month of the year). In Denmark, they break dishes against the front doors of their friends' homes (reasons unclear). Watching fireworks is universal. Get in the spirit of new beginnings, even if you're just singing "Auld Lang Syne."



Hydrate, hydrate, hydrate!

We're all mature adults, but it's still possible to overdo it on New Year's Eve. The best cure for a hangover is avoiding one. That's done by limiting your alcohol intake. And by drinking plenty of water throughout the evening to mitigate alcohol's diuretic effects.



Eat lucky

Most cultures have special "luck-inducing" foods they prepare for New Year's. Fish is always a symbol of abundance and wealth, whether it's herring, carp or cod in Europe or the whole fish at Asian tables during the lunar New Year. Super-long noodles are said to bring long life. Lentils and black-eyed peas—round, like coins—are associated with wealth. Do these foods work? Opinions are mixed, but all agree they taste great.



Keep resolutions reasonable

In moments of holiday self-deception, we can commit to any number of unlikely outcomes, from specific weight loss targets to self-improvement objectives. The problem with such lofty aims is that by mid-February, many of us have abandoned them and guilt sets in, at least for a while. If you're a "resolutionary," play it smart: Determine *achievable* goals and establish a program you can stick to.



Be thankful!

It's easy to focus on the difficulties and disappointments we encounter. But as you step into the New Year, look at the bigger picture: You're here. You have opportunity. You have people you love and those who love you. That's wonderful in itself; and more than enough to start making things better.

We at *Ideas and Insights* thank you for your readership and wish you a healthy and prosperous 2023!

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