

# Print Pondering

Something to think about while you're waiting on your print job.

## Just the Facts

- The four most popular types of resolutions people set are to exercise, eat well, lose weight, and save money.
- Resolutions can be traced back to ancient peoples, with promises to their gods to seek help with various aspects of their lives.
- Statistics vary greatly on how successful resolutions are. They range from 22% failing within a week to 81% failing by February.
- Pundits suggest that having a Resolution Buddy is the most effective way of sticking with a resolution.



## Find Something New

Imagine the challenge of trying something new every day for a year. A young lady did just this. I can't imagine how she came up with the various ideas. But she did. This article, and the second one listed below, caught my attention because it talked about ways to improve your life and mental health. The dreary weather and overcast days at this time of year are difficult and these two articles offer ideas for how to combat the Winter Blues.



365 Days of  
New Ideas



52 Acts of  
Kindness

## Validation!

Are there times when you hear the results of a study and you instantly think, "I knew that!" This may be two of those times for you ~ as they were for me. One study revealed that reading for 6 minutes reduces stress by 68%. As an avid reader, this was not news. The second study concludes the best way to group students to maximize learning is by grouping similarly skilled students together. These two articles are very interesting.



Stress  
Study



Grouping  
Study

