

BEAUTY

5 common beauty and wellness New Year's resolutions that don't work— and what to make instead

If you're looking to escape from the cycle of broken resolutions, it helps to re-examine your goals

BY HASINA KHATIB

New Year's wouldn't be New Year's without an unbridled surge of optimism when the clock strikes midnight—2022 will be the year to eat better, stay fit, travel more and get more sleep. However, despite the noble intentions, studies have confirmed that only 46% of resolutions never actually come to fruition. The culprit, however, doesn't lie with the concept of resolutions but rather, the scale at which they are made. Indeed, experts are in agreement that the key to achieving your personal goals for the coming year lies in aiming for smaller, feasible goals that you'll actually be able to accomplish. Ahead, we take a look at some of the most commonly doomed resolutions—and how to make them work for you instead.

Exercise every single day

Instead, try this: Be active every single day. It may seem like most fitness resolutions don't last beyond February, but [celebrity fitness trainer](#) Namrata Purohit suggests a more achievable resolution of finding ways to be active every single day instead. "This will give you the opportunity to have rest days that involve easy walks, simple chores and activities that get you moving. First, set a big goal and then break it up into a few smaller goals. Every time you achieve one of those, reward yourself with something you enjoy," she suggests.

Eat healthier in 2022

Instead, try this: Replace unhealthy eating habits with healthier ones. Instead of opting for a major overhaul of your diet, nutritionist and fitness expert Samreedhi Goel recommends bite-sized goals that leave room for a few setbacks. “If you tend to skip breakfast, start the day with a light meal like a fruit milkshake and gradually shift to eggs and toast. If you have a habit of eating what you see first when you are ravenous, it helps to keep healthy options at hand so you reach for them first,” she explains.

Build a skincare routine

Instead, try this: Develop an easy-to-follow [skincare routine](#). While any efforts made for skincare will always stand you in good stead, noted dermatologist Dr Madhuri Agarwal recommends developing a routine that is practical for you to follow in everyday life. “Don’t be swept away by ten-step routines—a realistic routine of sunscreen, face wash and moisturiser works just as well. It helps to understand what form of skincare is practical and doable for you, even if it means using a single product in a day. Start with simple steps, like placing the sunscreen near your house keys so you apply it before you step out,” she explains.

Get more sleep

Instead, try this: Maintain a regular sleep schedule. If you're looking to break out of unhealthy sleep patterns in 2022, it helps to turn your attention to building a consistent routine. Dr Vikas Punamiya, sleep physician at Masina Hospital in Mumbai, says, "Keeping a routine to get up at a consistent time every day, even on the weekends or during vacations, results in better sleep," he asserts. However, it is also essential to bear in mind that there isn't a one-size-fits-all schedule that suits everyone. While sleep times are dependent on individual commitments, he believes that the optimal window of opportunity between 8pm and 12am is ideal for bedtime.

Practise more self-care

Instead, try this: Prioritise your emotional well-being. In recent years, the conversation around [self-care](#) has expanded to include an ever-evolving roster of activities and habits, but Pooja Khera, a New Delhi-based wellbeing coach, believes that the underlying focus needs to be placed on one's emotional and mental wellness. "Establishing boundaries is an effective way of prioritising yourself. We are often afraid of saying no because we are scared of offending people or losing popularity, but it can help you make time for things that matter to you," she says, and further recommends maintaining a mental inventory of your journey. "Where have you made progress? Where could you have done better? Questions like these will help you savour your accomplishments while also planning better for the year ahead," she says.