



CAB Newsletter

HAPPY NEW YEAR!

CAB Meeting January 11th 3:30 PM EST

We hope you had a lovely holiday! Please join us for our CAB meeting on January 11th to hear some of our CAB members share their stories and experiences with their organization.

[Click Here to RSVP!](#)

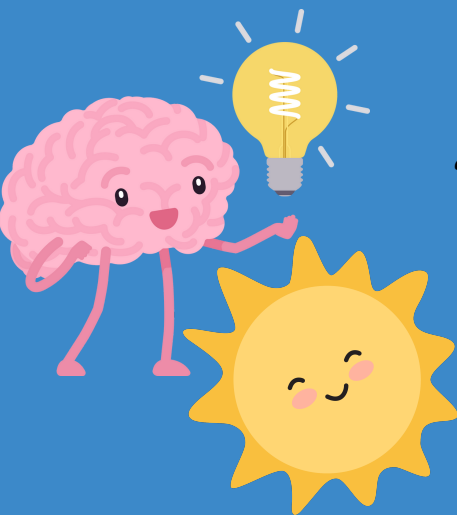


10 Ways to Support Your Mental Health in 2024

“Now that we’re paying more attention to our inner lives, it’s also essential that we take action. Fortunately, there are a number of things that everyone can do to nourish their mental health and find moments of joy. Here are some of our favorite tips from the past year as we prepare to enter 2024.” -Christina Caron and Dana G.

Smith, NYT

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10 Nutrition Tips for a Healthy New Year

“Watch enough food fads come and go, and you realize that the most valuable nutrition guidance is built on decades of research, in which scientists have looked at a question from multiple perspectives and arrived at something like a consensus.

Here are 10 science-backed pearls to carry you into the new year.” - Alicia Callahan, NYT

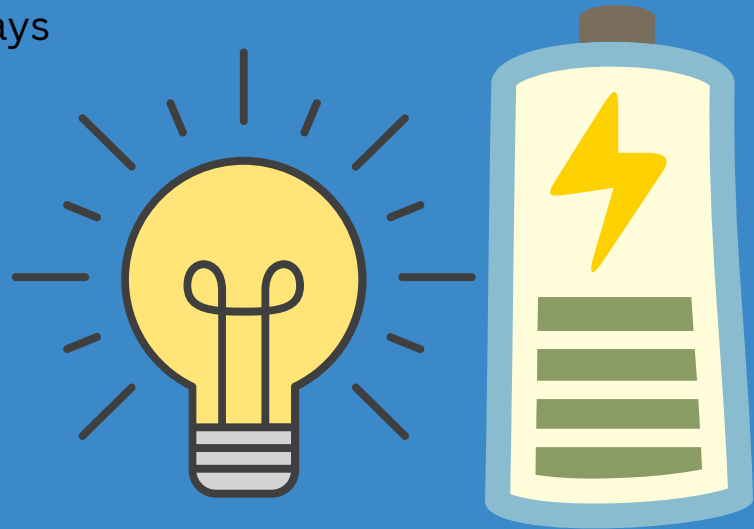
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The 6-Day Energy Challenge

“This week, we’ll be bringing you small ways to feel good by focusing on five science-backed ingredients for energy: rest, exercise, socializing, eating and finding enjoyment in your daily tasks.” - Jancee Dunn, NYT

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How Family History Influences Your Drinking



“There was nothing that went on that didn’t have scads and tons of alcohol built into it,” said Stephen, now 53 and a physician. (He requested to use only his middle name to protect his and his family’s privacy.)

Starting when Stephen was 14, he was allowed to join his father for the occasional beer. As he got older, he modeled his drinking after his family’s, with any social gathering in his 20s involving “a boatload of alcohol.” - Dana G. Smith, NYT

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There’s No Shame in Feeling Lonely

People who experience unwanted solitude may assume that they are unlikable or unlovable – that they are to blame for not having more friends, community connections or a romantic partner.

“This can cause profound shame, which can erode self esteem,” said Dr. Vivek H. Murthy, the surgeon general and author of “Together: The Healing Power of Human Connection in a Sometimes Lonely World.” “It can also worsen feelings of loneliness, as it often pushes us to distance ourselves from others at a time when we need support most.” -Christina Caron, NYT

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Editors: Marta Durantini and Chris Quasti