

WELLNESS

# 6 Wellness Innovators Share How They Reset In The New Year

Their intentions revealed.

By: [Adrienne Faurote](#)

It's like clockwork: each year, as we approach January 1st, marking a new year, someone states the phrase, "New Year, New Me." Though the saying errs on the cliché side, it's unwavering. It is indeed a new year, and it's true, you do have the chance to reinvent yourself before the Earth embarks on its journey around the Sun. And while I am a firm believer of continued self-reflection throughout the year, there is an energy that lingers around the New Year you can't quite escape.

Thus, we sat down with six pioneers in the wellness industry to find out how they set their intentions ahead of the New Year. From taking a moment of isolation and reconnecting to nature to being selective on whom you share your aspirations, these wellness experts reveal a range of helpful techniques to enter 2022 with a clear mind, body, soul, and space.

## [Jessica Bragdon, Co-Founder Of Koala Eco](#)





Photo: Courtesy of Jessica Bragdon



"This has been such a profound question to contemplate, perhaps because it involves two keywords that have been absolutely top of mind during 2021, for me [personally] and for Koala Eco: reset and intentions. I guess this past year, which has been so challenging for all of us because of COVID, travel restrictions, separation from loved ones, and so on, has really disrupted both notions. Resetting is hard, but being intentional is hard when so much around us is uncertain. [Yet], it's critical to be able to strip back to the things most important to us: the people we love, the occupations we value, the positive differences we can make to our own and other people's lives; how we can manifest kindness, and share simple ways of bringing more healing and joy into everyday life.

"It's so important to maintain wellbeing and good mental health, and at the brand, we feel that nature is the key to this. When we return to nature, we return to ourselves. It is at the core of our being to turn to nature for solutions, to trust in the power of our natural world to solve our problems, big and small. To reconnect to nature, I spend time studying the native plants in Trumper Park and the Sydney Botanical Garden. I also often go for a very early run on Bondi Beach. We have a worm farm, compost bins, and a garden with flowers, herbs, and vegetables. We also take the kids camping up and down the coast, usually near a good surf break. I like the theory of Ecopsychology and the belief that we are part of the earth, not separate from it. People living in cities need the benefits of nature like stress reduction and connection that parks and green spaces offer."

As a tangible goal for 2022, Bragdon suggests filling one's space with natural, harm-free products that enhance the home at any time of the day—whether it be uplifting, calming, or purifying.