

JANUARY 2022 | NEWSLETTER

NEW YEAR, NEW RESOLUTIONS

Five Tips on Setting Healthy Resolutions this New Years



HAPPY NEW YEAR!

When a new year begins, new resolutions are sure to follow! You have already started on your 2022 resolution; setting BIG goals and hoping for even bigger results.

The problem is when the hustle and bustle of the holidays wear off and you settle back into your daily routine, you may notice your goals were a bit...unrealistic.

Like you, many people across the country may be re-evaluating their resolutions or even on the verge of giving up on them completely. Failed resolutions can often take a significant toll on one's mental health and self-esteem, creating a cycle of unhealthy behaviors.

So how can you make your resolutions work for you instead of against you? On the next page, we put together a list of five things you can do, to make a **realistic New Years' resolution!**



5 Steps for Creating a Realistic New Years Resolution

1. Write it Down.

The first step to creating realistic resolutions is taking the time to put your goal into writing. Commit to the idea by putting pen to paper (or finger to keys). Once documented, post your resolution somewhere you can see it every day, and hold yourself accountable to it!

2. Share for support.

Identify positive people in your life who build you up and keep you accountable. Once you find these people, share your goal with them! Invite them to support you in your journey to achievement. It's always better to have support!

3. Take it one step at a time.

A goal is a journey with multiple steps. By breaking your goal down into steps, you not only make it more achievable, but you give yourself more opportunities to succeed!

4. Celebrate your achievements.

With each step you take and each goal you achieve, take a moment to celebrate how far you've come! Celebrating your work will help motivate you to move on to the next step.

5. Hope for the best, and plan for the worst.

Guess what, life happens! Sometimes life throws you an obstacle, making your resolution that much harder to achieve. That's ok! Don't be too hard on yourself. Believe in your abilities! Prepare for life's obstacles and push yourself to focus on solutions.

We are your hospital's **outpatient emotional wellbeing program** designed for patients typically 65 and older experiencing depression and/or anxiety, often related to problems encountered with aging such as grief and loss, chronic illness, or transition of life issues.

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.
