



## New Year's Resolutions

Tis the season for making and breaking New Year's Resolutions. **Roughly HALF of Americans make at least one New Year's resolution. However, less than 10% of them fulfill those resolutions.** Why? Probably the biggest reason is making a New Year's resolution is just a part of the holidays, a tradition, it's just something we do and so we may not even intend to follow through. And that's perfectly fine – Again it's just a part of the holiday tradition.

However, many of us make resolutions intending to keep them and for some of us busy hectic life gets in the way and we get discouraged and that may result in us giving up or not being successful. So, here are some tips that will help make your New Year's Resolutions successful. And really, all of these tips are things you already know, are things that can help at any time of the year but are things that if we don't put them into practice, might mean lack of success in reaching our goals.

### **The Power of Positive Thinking**

Never underestimate the power of positive thinking. Henry Ford is famous for saying, ***“Whether you think you can, or you think you can't, you're right”***. Also, because the majority of resolutions focus on an individual's physical health, **many people don't recognize the importance of mental wellness.** If you are experiencing depression, for instance, you might not have the concentration, energy or hope to follow through. The underlying depression needs taken care of before you can move on to new goals.”

### **Be S.M.A.R.T.**

We have all been there: “This is the year I will get in shape.” What does that mean for you? Or, “I am going to lose 50 pounds in a week!” An exaggeration, but not too far off what we do sometimes. We often make resolutions that are either not defined or are too overwhelming. There's an easy fix and it's S.M.A.R.T.: Set goals that are **Specific, Measurable, Achievable, Relevant and Time-bound.**

### **Be Committed**

Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots. Want more support? Post or message to your friends on social media or just seek out friends, family, coworkers or others with like-minded goals. And be sure to put it on your schedule, calendar, reminders, or whatever you use. If you don't prioritize it and schedule it, the activities related to your resolutions tend not to get done.

### **Give Thanks!**

Forget about perfection; Do the best you can and be thankful for the progress you make. Even be thankful for the setbacks because they show you where you need to go. Be patient, it will happen if you keep working. It's like a marathon, no matter how fast you run it, or even walk it, you are always better off just setting your sights on finishing the race. Any activity is always better than none. It's enough, tomorrow is another day to try. We can defeat ourselves if we have a negative outlook. As Vince Lombardi once said, ***“It isn't whether you get knocked down, it's whether you get back up.”*** Don't let temporary failures completely stop you. Instead, just get up and keep going.

### **TAKING CARE OF YOUR MENTAL WELLNESS IN THE NEW YEAR**

If you think that you or a loved one might have a mental illness or a substance use disorder, resolve to get help this year. Treatment works, recovery is possible. People with mental illnesses and substance use disorders go on to live productive rewarding lives once they get the treatment and support they need. Reach out to Sinnissippi Centers at 800-242-7642.