

# A HAPPY NEW YEAR

## OUTSMART THE RESOLUTION BLUES

Year after year, we make New Year's resolutions with the best of intentions, only to have given up by the time St. Patrick's Day rolls around. The following tips may help you stay on track and reach your goals:

**\*Be realistic** – The surest way to fall short of your goal is to make it unrealistic. Make your goals smaller and more focused on what you really can accomplish. If getting to the gym five days a week is really going to be difficult, aim for two to three days a week. Think of your resolution as a promise to yourself.

**\*Word your resolutions differently** – Instead of saying, "I'm going to get over my depression", reframe it to a positive statement: "I have control over my life and I am happy with myself." Choose positive words that empower you and that describe what you want clearly and set yourself up for success.

**\*Write it down and track it** – Write down what your goals are. Make a list of reasons to meet that goal and use that for motivation. Plan ahead for temptation or if you feel you are getting off track. Look at the week in review...what did you do well? What do you want to do better next week?

**\*Perfectionistic thinking can be dangerous** – Plan for some failure and you're going to be way ahead in the end. One weekend of derailing your diet or one week of skipping the gym doesn't have to be viewed as a failure. Try to see it as you are "practicing" these new ways of living. It is all about moving in the right direction one day at a time.

**\*Get professional help** – Consider consulting your Dr. if your goal is to quit smoking, a nutritionist if your goal is to eat healthier, a therapist if you suffer with depression, anxiety or stress, or any other health care professional that can provide you with assistance in taking care of YOU. YOU are worth your time and money!

Take a moment to think about where you are and what you would like to achieve in the coming year. The key to success is having a positive attitude. Setting yourself free from old ways of thinking can be a start to changing your entire life!



This information brought to you by your Employee Assistance Program. Please contact us at 716-681-4300 for confidential assistance.