

## DID YOU KNOW??

January 2018



### Achieving Success with Your New Year's Resolutions

It can be daunting when your list of New Year's Resolutions is too long. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January increases anxiety.

Remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year and promise to make positive lifestyle changes. Set small but realistic and attainable goals. There is a greater chance you'll be successful. Include dates when you would like resolutions completed. The fact that you recognize a change is needed is important. The goal is to work toward it one step at a time. The following will be helpful:

**Start small:** *Make resolutions that you think you can keep.*

**Change one behavior at a time:** *Replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.*

**Talk about it:** *Having someone to share your struggles and successes with makes your journey much easier and less intimidating.*

**Don't beat yourself up:** *Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK.*

**Ask for support:** *Accepting help from those who care about you strengthens your resilience.*

