

TAKING CARE OF OURSELVES



January, 2018 Topic of the Month Free - Help Yourself!

Resolution Revolution



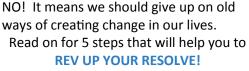
Here are some resolution ideas to get you started! Pick one, then break it down into smaller goals.

- 1. Sleep more.
- 2. Complain less.
- 3. Give up soda (yes, even diet).
- 4. Give more complements.
- 5. Show more gratitude.
- 6. Go to therapy.
- 7. Volunteer more.
- 8. Drink more water.
- 9. Walk more.
- 10. Cook more meals at home.
- 11. Eat more vegetables.
- 12. Lift weights.
- 13. Talk to strangers.
- 14. Say "no" to over-commitment.
- 15. Have more "walking meetings."
- 16. Actually use your vacation days.
- 17. Call loved ones more often.
- 18. Spend less money.
- 19. Donate more.
- 19. Donate more.
- 20. Drink less alcohol.
- 21. Learn a foreign language.
- 22. Forgive someone.
- 23. Get a physical.
- 24. See the dentist.
- 25. Spend less time on your phone.
- 26. Read a book (or more) a month.
- 27. Spend more time outside.
- 28. Wear sunscreen.
- 29. Brush and floss.
- 30. Stand up straight.
- 31. Get rid of more stuff.
- 32. Minimize social media.
- 33. Turn off all screens 30 minutes before bed.
- 34. Spend more time with people whose opinions are different from yours.
- 35. Pick a theme for the year (brave, confident, daring...), then do and be more of that.
- 36. Do more things outside your comfort zone.

Rev Up Your Resolve

3...2...1... Happy New Resolution!

rcheological records show that people have been making New Year's Resolutions since the time of the ancient Babylonians. But.....we've probably been breaking them since that time, too! In fact, about 80% of resolutions are broken by mid-February! Does that mean that we should give up on making resolutions?



- 1. Make change in "chunks." Pick a concrete goal and work backwards until you get to the first and most manageable piece. (There's a guide on the back of the newsletter.) For instance, instead of resolving to "lose 10 pounds," divide that into parts: exercising more or improving your diet. Then, take that and break it down even further. Keep going until you get to ONE behavior that feels both impactful and doable.
- 2. Know where you are before you start your journey. If you're wanting to increase or decrease an existing behavior, take a few days to simply observe it. When you notice that behavior occurring, log the details. (There's a log on the back of the newsletter.) This will help you to figure out what's supporting or blocking that behavior. Being able to see where you started will help you to see how you're progressing toward your goal. If you're wanting to start an entirely new behavior, go straight to step 3.



3. Plot your progress.

Whether it's as old-school as crossing off days on a calendar or as high tech as using an app, it's encouraging to watch how you're moving toward building a new habit! That encouragement can both fuel your efforts and help to relight your fire if your motivation starts to fizzle out.

- 4. Plan for problems. Most long trips involve moments of losing your way, stalling out, or even completely breaking down. Because you know these can be part of the process, plan in advance for how you will get back on track. Cool your jets for a bit to get your bearings; it might help to revisit step #2 and then start again.
- **5.** If you stall, start again. And again. And again. New habits can take weeks, or even months, to solidify. Successful resolutions aren't the ones with no setbacks; they're the ones that eventually gets you to where you want to be!

For more information on change, check out <u>Switch</u>: <u>How to Change When</u> <u>Change Is Hard</u> by Chip and Dan Heath. http://heathbrothers.com/books/switch/

> Taking care of ourselves takes support. We're here to help! Ask a nurse or provider if you'd like to talk.

Rev Up Your Resolve - Chunk Your Change

"A journey of a thousand miles begins with a single step."

Lao Tzu was right about the power of breaking a larger goal down into smaller, more achievable mini-goals or "chunks."

One way to do this is to work backwards from the end goal. For instance, if the End Goal for your New Year's Resolution is to get more sleep, you need to:

Chunk 1 - go to bed earlier. To do that, you have to:

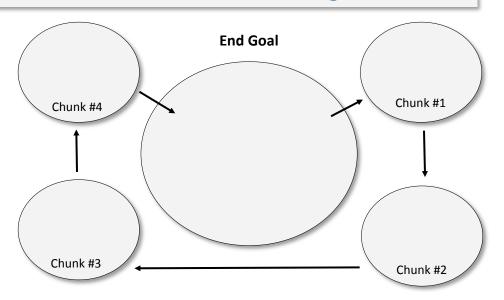
Chunk 2 - get ready for bed sooner. So how about:

Chunk 3 - Turning off the TV at 9:00. Anything else?

Chunk 4 - ???

Keep going until you whittle your larger end goal into something that feels achievable and impactful.

Work backwards so you can move forward!



Rev Up Your Resolve - Map Your Habits

It's a lot easier to get to where you want to go, if you know where you're starting from.

Whether you want to increase or decrease a behavior, simply noticing the details that are around that behavior can help you find both the Supports (the people, places, and behaviors that strengthen you) and the Challenges (the people, places, and behaviors that make it harder to reach your goals). Once you've identified those, you can make a better plan: how can you build on the Supports and how can you overcome the Challenges?

When you hit a rough patch, know it's temporary and you've got a plan of action. Go for it!

Behavior I'm noticing:

Day & Time:	Where I am:	Who I'm with:	What I'm doing:	How I'm feeling: