

Resolutions and You

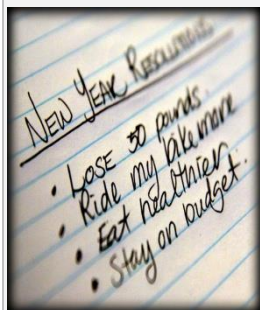
January, 2015

Family Health Partnership Clinic, (779) 220-9300

401 E. Congress Parkway, Crystal Lake.

www.hpclinic.org

Lose weight? Check. Start exercising? Check. Stop smoking? Check.



January, 2015

NEW FREE **FHPC CLASSES!**

Tuesday 1/13 : 11-12 noon
Healthy Financial Tips
(English)

Tuesday 1/13 : 1-2 pm:
Healthy Financial Tips
(Spanish)

Thursday 1/15: 1-2 pm
Healthy Cooking Tips
(English & Spanish)

Wednesday 1/21 :
10-11 am
Healthy Fitness Tips
(English & Spanish)

Thursday 1/22:
11 am-12 noon
Healthy Relationship Tips for Effective Communication Skills
(Spanish)

Thursday 1/29:
11 am-12 noon
Healthy Relationship Tips for Effective Communication Skills
(English)

To Register for class call:

Abby Padilla
779-220-9301

or

Sign up at in person:
Family Health Partnership
Clinic

**All classes held at FHPC
Community Room**

It can be overwhelming when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a spark for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time." By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, adding healthy behavior into your everyday life. Here are some tips when thinking about a New Year's resolution:

Start small: Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule a walk three or four days a week instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time: Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to change everything in your life. Instead, work toward changing one thing at a time.

Talk about it: Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a walking group or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less scary.

Don't beat yourself up: Perfection is not possible. Remember that small slip-ups when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped your walk for a week because you were busy. Everyone has ups and downs; promise to recover from your mistakes and get back on track.

Ask for support: Accepting help from those who care about you and who listen to you, makes you stronger. Doing so also increases your ability to manage the stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are especially trained to understand the connection between the mind and body. They can offer tactics for adjusting your goals so that they are reachable. They can also help you change unhealthy behaviors and discuss emotional issues.

American Psychological Association Help Center. Retrieved from: <http://www.apa.org/helpcenter/resolution.aspxd>.

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard

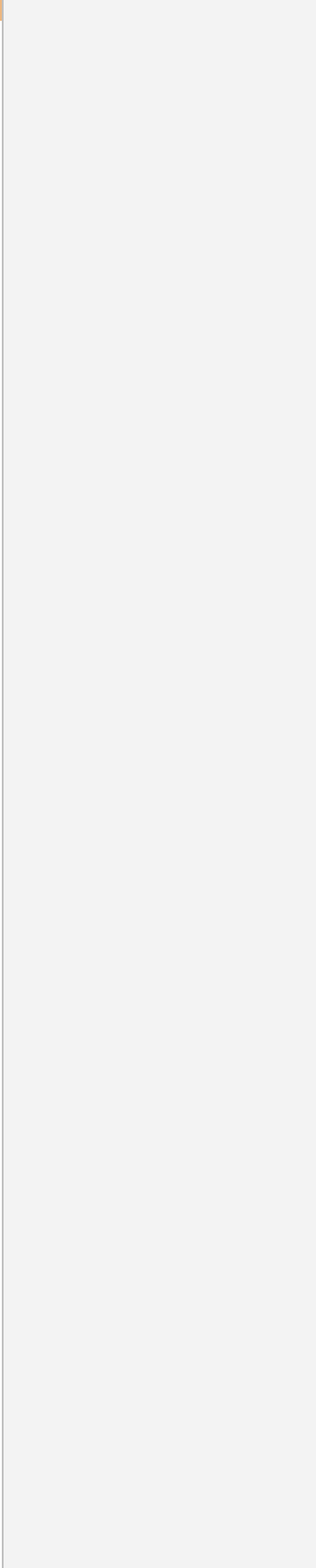


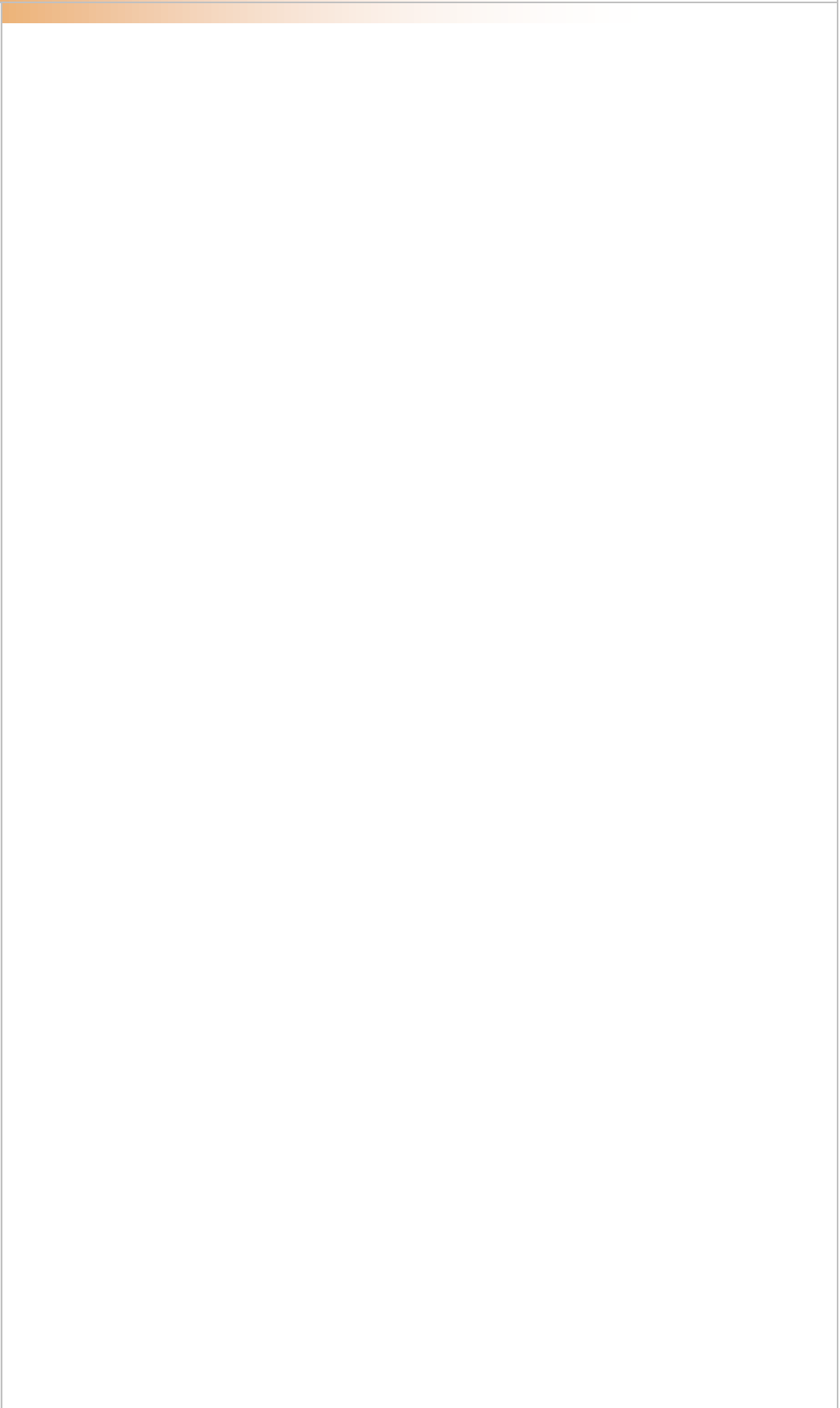
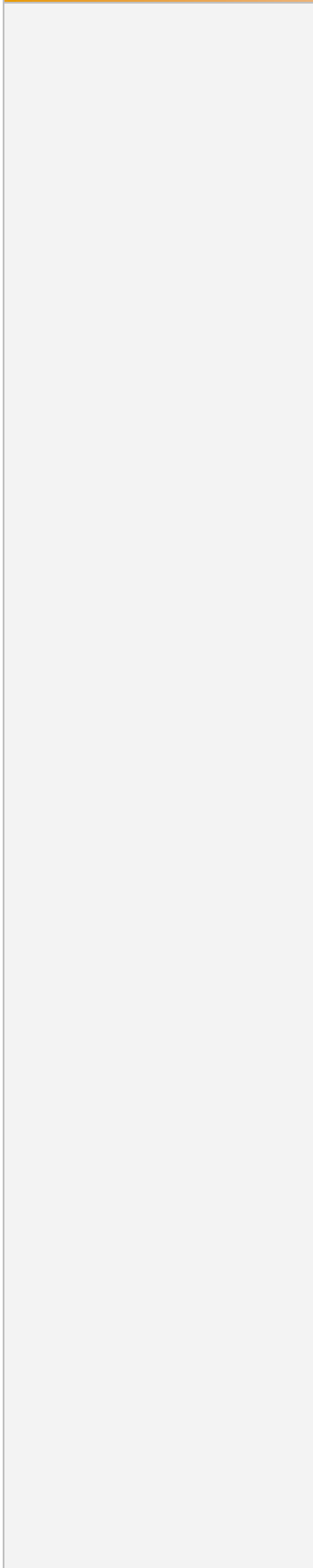
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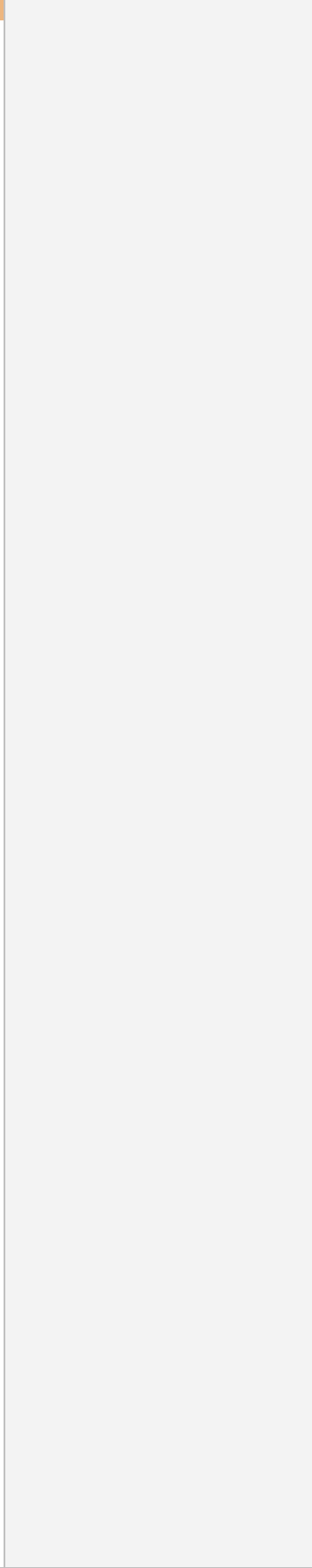


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