

SETTING HEALTHY RESOLUTIONS IN THE NEW YEAR



2024

New Year, New Resolutions!

When a new year begins, new resolutions are sure to follow! About 34% of adults in the United States make New Year's resolutions, according to a recent [YouGov survey](#). Most resolutions involve improving health and happiness. Yet statistics show that 90% of New Year's resolutions will be broken. More than half of the people trying to keep a resolution will fail by the beginning of February.

Failed resolutions can take a significant toll on our mental health and self-esteem, creating a cycle of unhealthy behaviors. A big reason that resolutions fail is because we don't set realistic goals or plan how to overcome obstacles that challenge our resolutions.

How can you make your resolutions work for you instead of against you?

Check out the next page to learn more about creating realistic New Year's resolutions this year.

FIVE TIPS FOR CREATING REALISTIC RESOLUTIONS

1. Clearly define your goals.

Behavioral psychologist Dr. Paul Marciano suggests making resolutions that are specific, measurable, achievable, relevant, and time-bound (SMART). The first step in behavior change is understanding what “it” is.

2. Write down your goals.

In a [study](#) led by professor Dr. Gail Matthews, respondents were 42% more likely to accomplish their goals when they wrote them down. The success rate for achieving goals was 76% when study participants wrote down their goals, developed a plan, told a friend, and updated the friend on their progress.

3. Tell a friend.

New research suggests that telling someone you trust about your resolutions and plans for achieving them increases your chances of succeeding in achieving your goals. Sharing a resolution helps you create accountability.

4. Start with small steps.

While it may seem like a slow start at first, minor changes make it easier to stick to your new healthy habits and increase the likelihood of long-term success. Taking on too much too quickly is a large part of why New Year’s resolutions often fail.

5. Renew your motivation.

When you have difficult moments where you want to quit, remind yourself why you made the resolution in the first place. Write down a list of reasons you started your resolution. Keep your list handy to remind yourself of what you stand to gain by achieving your goal.

If you find yourself struggling, don’t give up! Every step is a step forward, and you can always begin again. Sometimes, the difference between success and failure is simply choosing the right goal and the process you use to go about achieving it.

We hope these tips encourage you to make the changes you want to see this year.

Sources: *Forbes*, *Verywellmind*

WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at