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Salvaging your New Year's Resolution

How is that Resolution going? If you're on track, great. If not, don't beat yourself up too much. The truth is most resolution-makers will never accomplish their goals. According to psychology data from the University of Scranton, as published in the Journal of Clinical Psychology, only 8% of people ever achieve their New Year's Resolution. That seems a harsh reality, but we offer a bit of optimism: why not reboot those goals? In fact, if you're feeling burnt out already, or like you bit off more than you can chew, the following ideas might give you some hope.

Be clear about the reason for your goal

Some people take on the wrong goals for the wrong reasons. If you're doing something to please other people or to live up to some arbitrary standard, you're less likely to achieve your goal. Do you really want to run a competitive 10K or half-marathon? Or would working your way up to daily 30-minute walks be more sustainable?

Accentuate the positive

Framing a resolution as giving up something you enjoy may undermine your efforts. Focus instead on positive outcomes. "I will feel great and feel so much better in my clothes" sounds a lot more motivating than "I will lose 15 pounds by summertime," doesn't it?

Create Simple Habits First

Most of the goals we create for ourselves are so grandiose, even the most motivated person would have a hard time reaching them. The best way to start is with something small. If your goal is to walk for an hour 3 times per week, start with three 10-minute walks each week.

You must also make the habit easy, and remove the barriers. If you struggle to get out the door in the morning for a walk, putting your workout clothes right next to your bed will make it easier and seeing them will serve as a healthy reminder. Make this process so easy you have no choice but to do it.

Re-approaching your goal with a renewed, positive outlook and a focus on building smaller habits, will help you progress toward your goal methodically. Change is a process, and these backslides should be recognized as a part, but not the end, of that process.

Modified from https://www.scripps.org/news_items/4143-6-ways-to-salvage-a-broken-new-year-s-resolution



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