

Mental Notes

A Monthly Newsletter

Volume 3, Issue 1, January 2009

A NEW YEAR, A NEW SEMESTER, A NEW YOU

by Adrian C. Péré, MSW, GSW

It's a new year and you've decided that *this* is the year you're gonna do it. You've decided this is the year you'll [*insert New Year's resolution here*]. Of course, you may have said the same thing last year...and the year before. Clearly, making a New Year's resolution is easy. Keeping one isn't. Actually, there are several things you can do that just might help you make good on those promises you've made to yourself. Here are a few suggestions:

1. Have a plan. Break down your main goal into smaller, manageable "sub-goals." For example, if "getting in shape" is your New Year's resolution, start by parking a little further away from your classes or office building and walking a little more, or take the stairs instead of the elevator. Before you know it, you'll be able to spend 45 minutes on the treadmill with no problem.

2. Create your plan immediately. Don't start tomorrow. Start today. The longer you wait, the more likely you are to lose motivation and possibly even forget your resolution altogether.

3. Practice positive self talk. If you can envision it, you can do it. If you believe it, you can be it. Create a mantra for yourself to be repeated (internally) as a source of encouragement and support. Not only will this counteract any negative self-talk, but it will change your way of thinking about yourself and your goals.

4. Remain flexible. Curiosity may have killed the cat, but rigidity kills a resolution. Expect the unexpected. Life has a habit of throwing the proverbial curve ball or two so be prepared for disruptions and disappointments and don't be too hard on yourself when things don't go exactly as planned.

Relaxation Sessions

Back by popular demand!

Location: Kirschman Hall 401

- January 15 - 3:00PM
- January 21 - 1:00PM
- January 29 - 3:00PM
- February 12 - 3:00PM
- February 18 - 1:00PM
- February 26 - 3:00PM
- March 4 - 1:00PM
- March 12 - 3:00PM
- March 26 - 3:00PM
- April 9 - 3:00PM
- April 15 - 1:00PM
- April 23 - 3:00PM
- May 7 - 3:00PM
- May 21 - 3:00PM

For disability-related accommodations for these events, please contact Adrian Péré in Counseling Services at 280-6683 at least two weeks prior to the event.

COUNSELING SERVICES OFFERING FREE INFORMATIONAL SCREENINGS

LOCATION: Earl K. Long Library Breezeway
TIME: 10:00AM and 2:00PM

<p>Time Management January 20</p> <p>Learning Styles & Study Skills January 27</p> <p>Anxiety February 4</p> <p>Career Exploration February 10</p> <p>Alcohol Awareness February 17</p>	<p>Test Anxiety February 26</p> <p>Stress Management March 3</p> <p>Depression March 18</p> <p>Alcohol Awareness April 4</p> <p>Test Anxiety April 14</p>
--	--

All screenings are open to students, faculty, and staff. Counselors will be on hand to interpret the screening instruments and provide helpful information.

For disability-related accommodations for these events, please contact Adrian Péré in Counseling Services at 280-6683 at least two weeks prior to the event.

5. Celebrate your successes, big and small. This goes back to step one. Those small goals you created for yourself merit celebration in the same way...though perhaps not to the same degree...as your overall goal. Treat yourself right...and treat yourself when you succeed. For example, if your goal is to improve your study skills and, thus, your grades, celebrate when you make that "B" on the midterm, especially if you typically make "C's." Rewarding yourself for smaller accomplishments will make the larger goals seem all the more worthwhile.

With a little planning and some extra effort, you may find that keeping your resolutions and attaining your goals may not be a difficult as anticipated.