

Mental Notes

A Monthly Newsletter

Volume I, Issue 1, January 2007

Did You Know?

UNO Counseling Services is here to serve the needs of the UNO student community. You may already know that UNOCS provides confidential mental health counseling and career counseling to UNO students. What you may not know is that UNOCS conducts workshops on a variety of interesting and engaging topics relevant to college life. Workshops are open to all, free of charge, and designed with student schedules in mind, lasting only 50 minutes max! UNOCS is also available to conduct special workshops for campus organizations. Just ask! So be on the lookout for a workshop near you!

Top Ten

New Year's Resolutions

1. Spend More Time with Family & Friends
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt
8. Learn Something New
9. Help Others

According to Dr. James Prochaska, there are 6 stages of change, two of which are of particular interest here: maintenance and termination (cf. www.bu.edu/cpr/webcast/change.html).

In a nutshell, during the maintenance phase we still "fight the urge" to engage in the "bad behavior," whereas in the termination phase, we no longer experience the temptation and rarely even think about the behavior which at one time had caused distress. The good news is we can all get there. The not-so-good news is that it may take



a while: according to Prochaska, anywhere from 5 months to 6 years!

So what's the lesson for all of us as we embrace our New Year's resolutions?

Take heart, take time, and don't throw in the proverbial towel. Perhaps even more important that any of these is this sage piece of advice: Take care of yourself! The temptation to lapse into old patterns of behavior (mental, physical, psychological or otherwise) is much more difficult to resist when we are sad, anxious, lonely, angry, or bored.

Good luck...and Happy New Year!

SPRING WORKSHOPS

January 29 1:30 PM

Study Skills

February 5 1:30 PM

Addressing Anxiety

February 12 1:30 PM

Relationships

SAVE THE DATES!

**All workshops held in Kirschman Hall Room 301.*

New Year's Resolutions: Changing Habits

As we begin the new year, no doubt many of us have embraced the custom of committing to a New Year's resolution. No doubt also, that many of these resolutions will be dropped in short order only to be resurrected at the same time next year. Why is it that we seem to have such a difficult time letting go of bad habits and forming new, healthier habits?



Urban legend suggests it takes 3 weeks to break a habit and an additional 3 weeks to replace it with a new one. Unfortunately, scientific research suggests otherwise.

