



Healthy matters to keep in mind.

Life Balance

January 2013

Forget New Year's Resolutions Create a New You, Instead

"Many people look forward to the new year for a new start on old habits."

– Anonymous

Here we are again in January, promising ourselves we're going to lose weight, stop drinking, smoking, end a bad relationship or leave a dead-end job. However, no matter how many times we write this down or broadcast it to friends or family, we end the year much the same way we started, or worse. Why don't resolutions work?

Focus on the Positive

Most resolutions don't work because they're focused on negativity. It's very difficult to commit to deprivation or abstinence, as in lose

weight, stop drinking, break a relationship. Instead, you need to focus on the end result. For example, imagine yourself moving freely and comfortably in your body and enjoying a feeling of good health and well being; really enjoying and relaxing during a family gathering; or standing up to an abusive boss and walking into a new job where you're respected and acknowledged.

Create the Blueprint

Everything we create begins as a thought, an idea, before it becomes something tangible: a skyscraper, a novel, a pair of pants, a sonata, even a child, and a new and improved version of yourself.

In order to effect lasting change in your life, you need to forget losses, stoppages and breakages, and concentrate on being The Ideal You. How do you look? How do you feel? What do you do differently

now that you're thinner, freer, more empowered, wealthier, happier? Who do you associate with? What activities do you prefer? Where do you work? How do others see you? Take all the time you need to create a highly detailed picture of your new self. Write it all down. As you do, you may identify some barriers to your goal — either within yourself or from other people — and can prepare to deal with them along the way.

Make a Plan

Now that you've drafted your blueprint, it's time to research your options. Think about what you need to do, if you:

want to be thinner and fit — Eat healthy foods, join a gym or enroll in a dance class with your partner, or buy exercise equipment for your home. Solicit the help of a nutritionist and personal trainer. Find out if your employer offer a wellness program.

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Tips for Achieving Lasting Change:

- Imagine already being the person you want to be. Act it out. Make it your blueprint.
- Research what you need to do in order to become that blueprint. Write out a plan.
- Make small achievable goals
- Take action. Set a timeframe, and share it with others.
- Stick to your vision and don't let anyone or anything deter you from being the best you can be.

SEAP

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www.liveandworkwell.com
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want to be substance-free — Join a support group such as AA or Al-Anon, socialize with people that don't drink or do drugs, buy alternative beverages or foods to help you manage cravings. Don't forget to call your Employee Assistance Program to find out what resources are available to you through this benefit.

want to change jobs or be free of a negative relationship — Figure out what keeps you where you are. Do you need to improve your work skills, take classes, or learn to speak up? Talk to a friend or counselor to gain more insight into your situation. Recognizing the essence of the problem is sometimes half the battle. Then take steps to improve your position and ready yourself to make the necessary change.

Develop a Timeframe

Write down when you expect to start making the changes and what changes you will implement first. It is best to start on a day with regular scheduled activities — such as a work day — so you won't have much time to dwell on the changes. Don't start your changes after a day of celebration, particularly if there was drinking involved. It's important that you get enough sleep and that your mind is clear before tackling the creation of your new self.

Once you've analyzed the situation thoroughly and devised a plan with a timeframe, it's time to put it into action.

Do it Again and Again!

The key to achieving and maintaining the change you want to make is consistency. If being thin and fit is your aim, then keep to a consistently healthy nutrition regimen and exercise program. You don't have to exercise for hours on end; it just helps cement the idea in your mind if you do it on the same days at the same time. Once you've created the new healthy habit, you'll feel resistance from your own body and mind if you don't adhere to it.

Defeat the Naysayers

Speaking of resistance, it's important for you to stand strong in your decision to change. There may be people around you that will disparage your efforts, or try to sabotage them.

- Your spouse may want to take you out to a French restaurant with rich, creamy dishes. Don't give in! Be prepared with alternatives.
- Your buddies may want you to meet them at the local pub for a couple of drinks. Tell them you're busy. Or share your plan with them and solicit their support.



- Your boss may ask you again this week to stay late when he knows that you have to pick up your child from day care. Remind him you have to go, and talk to someone in HR to resolve this issue.

Remember, you are creating the ideal you. If someone can't have you that way, then perhaps they don't deserve you. Don't fall short of all you can be just to please someone else. You'll end up resenting them and disliking yourself in the long run.

Resources

www.liveandworkwell.com

Visit the Live Well section for more information, tools, articles, self-help programs and resources related to life, family and relationships.