

New Year – New Beginnings

New Year's has always been a time for reflecting on the past, and more importantly, hopeful anticipation of the coming year. With this hope, every day can be a new beginning.

Rather than rushing forward in a panic to set resolutions or a list of goals you can start on New Year's Day, enter the New Year in a mode of being present in the moment, and positive about the potential of the upcoming year.

Enter the New Year with optimism; release the pressure you may want to put on yourself. It takes time and practice to learn how to find joy in the little things and not let obstacles become problems that bring you down. Often time beginning a journal of gratitude is a method for developing greater optimism.

If you had a bad start this year, try to re-set. If you made a mistake, do not squander your time with regret or guilt. Emphasize on forgiveness and releasing the guilt, it is a much healthier way to deal with past issues.

Think about the people you care deeply about and those who care about you. Having friends and companionship is one of the best way to stay happy.

Having a positive outlook and staying connected to friends will support a happier day-to-day existence. Decide to be happy. As Abraham Lincoln said, "Folks are usually about as happy as they make their minds up to be."

If you need to talk, EASE counselors are available at 800-882-1341.



"Strength is the courage...to reach out!"