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In case of an Emergency:

- **911 For Immediate Support**
- **Ventura County Crisis Team (866) 998-2243 –(24 hours)**

**MENTAL  
HEALTH  
MATTERS**  
#ENDTHESTIGMA

## **How to Set and Keep Wellbeing Intentions in the New Year**

No matter who you are or what your background is, you'd be hard-pressed to find someone who doesn't appreciate a fresh start. A reset. A clean slate. And even though the new year is a great time to set resolutions that support your mental wellbeing, it can also be challenging to follow through. External triggers, unforeseen events and old habits throw constant curveballs that can derail the best intentions.

There are tons of products and services available that can help make achieving wellness goals a reality, such as gym memberships, meal delivery services and counseling.

Setting resolutions that support mental wellbeing, which includes your thoughts, feelings and actions, can have a positive ripple effect on everyday life. Whether your resolutions focus on the physical, like working out more, or emotional, such as setting boundaries, it helps to have a game plan. Here are some tips to help you keep your wellbeing intentions throughout the year.

### **Adjust Your Attitude**

First and foremost, try your best to approach goals with a positive attitude. A 2022 study explained how attitude plays a role in developing new habits. It stressed how habits are more likely to be developed by people who practice meditation and mindfulness, because it not only reduces anxiety, depression and stress, it also increases self-compassion and psychological wellbeing.

### **Evaluate Old Goals**

Reflecting on previous goals can offer valuable insight as you come up with a new list of resolutions. Ask yourself questions such as

What challenges did I face?

Did I have control over those challenges?

What similarities and/or differences do previous goals have with my new ones?

Answering these questions ahead of time can help you avoid repeating old habits.

### **Anticipate Challenges with a Plan**

Evidence shows that it is tremendously helpful to create an action plan for how you will reach your goals and respond to stressful and awkward situations that could throw you off track. In short, if X happens, I will do Y. For example, if your goal is not to drink alcohol, have a rehearsed response ready should you be offered an alcoholic drink at a party, such as "No, thank you. But I will take a water."

Brainstorming scenarios and your desired response prepares you to respond intentionally, rather than reverting to old habits.

### **Get Rested**

Have you noticed how everything seems harder when you're tired? Rest is proven to enhance decision making, improve productivity and heal your body. Combined, you will be able to make choices that improve your mental wellbeing.

Full article found at <https://www.mentalhealthfirstaid.org/2022/12/wellbeing-intentions-new-year/>