



## BEHAVIORAL HEALTH WELLNESS SHORTS

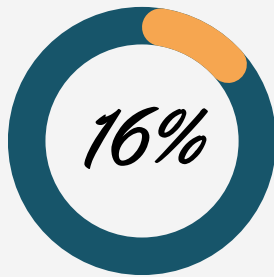
# Maintaining Positive Changes

The New Year brings a sense of renewal and rejuvenated feelings of motivation to start fresh. This leads many of us to use this time to reevaluate and take inventory of our lives, habits, or goals.

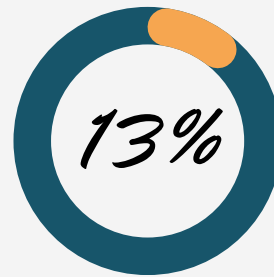
Setting objectives can lead to meaningful change, but in all reality, we aren't necessarily great at sticking to goals - especially New Year's resolutions!

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**IN FACT, A RECENT STUDY FOUND THAT ABOUT 64% (OR TWO-THIRDS) OF PEOPLE ABANDON THEIR NEW YEAR'S RESOLUTIONS WITHIN A MONTH**



**OF AMERICANS  
KEEP SOME OF  
THEIR RESOLUTIONS**



**OF AMERICANS  
KEEP NONE OF  
THEIR RESOLUTIONS**

The most common excuses for why resolutions fail include lacking willpower, forgetting, and being too lazy

The most popular resolutions every year include, eating healthier, being more active, and managing finances better

Anyone who has ever broken a New Year's resolution can appreciate the difficulty of behavior change.

To succeed in achieving resolutions, you first need to understand **the three most important elements in changing a behavior...**

1

## READINESS TO CHANGE

*Do you have the resources and knowledge to make a lasting change successfully?*

2

## BARRIERS TO CHANGE

*Is there anything preventing you from changing?*

3

## LIKELIHOOD OF RELAPSE

*What might trigger a return to a former behavior?*

**THE STAGES OF CHANGE MODEL** explains how we can make and maintain change in our lives... and science shows it is highly effective in many cases.

### PRECONTEMPLATION:

not considering change, may be in denial

### CONTEMPLATION:

become more aware of the benefits, but also the cost

### PREPARATION:

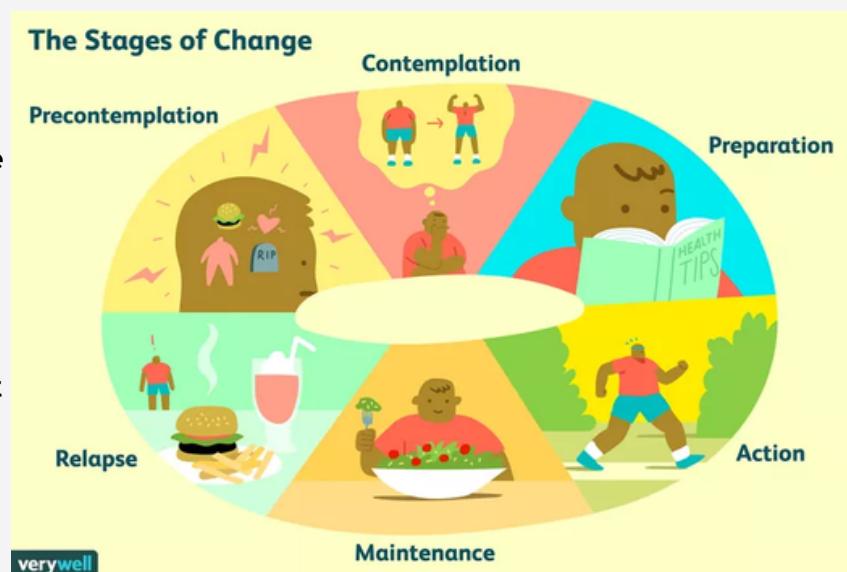
might experiment with small changes and begin to prepare for larger changes ahead

### RELAPSE:

common occurrence with any type of behavior change; can cause a person to experience feelings of failure and disappointment

### ACTION:

begin to take direct action to accomplish goals



### MAINTENANCE:

successfully avoid former behaviors and keep up new ones

Whether you want to lose weight, stop smoking, spend less money, or accomplish another goal, no single solution works for everyone. You most likely will go through a process of trial and error or experience ebbs and flows in your feelings of motivation.

It's during this period that many people become discouraged and give up on their resolutions or goals. The keys to achieving and maintaining your goals are to try new techniques and find ways to stay motivated.

***Most importantly, consistently remind yourself of the important “why” behind wanting this change!***

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*Did you know...*

**Most of us spend about a third of our lives at work, so positive changes made in the workplace are bound to have an effect on other aspects of our lives!**



As we ring in 2023, it is the perfect time to focus on what improvements can be made going forward whether you are in the office, working from home, or doing a hybrid of both.

Some workplace resolutions might be aim to increase use of transparent communication with co-workers, have a culture that supports a healthy work-life balance, or making time to celebrate team successes.

## Quick tips:

Use the "Three P's" method to help you stay on track with your resolutions:

**Patience** – is a constant reminder that change takes time and that if you maintain your commitment, you have a good chance to make the changes you want long lasting.

**Persistence** – means you must keep vigilant and, as the saying goes, "keep on keeping on" in your journey to change.

**Perseverance** – refers to your ability to overcome setbacks and maintain your motivation and confidence in the face of periodic failures and disappointment.

## Other helpful strategies from Verywell Mind...



**FOCUS ON ONE GOAL AT A TIME**



**MAKE A DETAILED PLAN THAT IS REALISTIC AND SPECIFIC**



**START WITH SMALL STEPS**



**ASK FOR SUPPORT FROM LOVED ONES**



**JOURNAL ABOUT SUCCESSES AND STRUGGLES**



**LEARN AND ADAPT TO BACKSLIDES**



**FIND WAYS TO RENEW YOUR MOTIVATION**



**REMEMBER THAT CHANGE IS A PROCESS!**

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Allegheny Counties

## Resources:

- <https://www.webmd.com/balance/features/psychology-of-new-year-resolutions#:~:text=You%20crack%20open%20a%20new,says%20psychologist%20Mariana%20Strongin%2C%20PsyD.>
- [www.chamberofcommerce.org/top-new-years-resolutions](http://www.chamberofcommerce.org/top-new-years-resolutions)
- <https://www.verywellmind.com/the-stages-of-change-2794868>
- <https://www.psychologytoday.com/us/blog/the-power-prime/201201/personal-growth-five-steps-positive-life-change-and-the-big-payoff>
- <https://www.apa.org/topics/behavioral-health/new-year-resolutions>
- <https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>