



# LIGHTHOUSE



## Information & Support

January 2021

## NEW YEAR, NEW APPROACH!

### MAKE RITUALS INSTEAD OF NEW HABITS

New Year time prompts us to make changes, to create new, positive habits and to break with the bad ones. And though we try year after year, somehow the success is elusive. This year approach it differently and create rituals instead of habits!

#### RITUALS vs. HABITS

Starting with a definition of ritual vs. habit, the difference is clear between them as well as the secret power rituals have over us.

- Habit is an action done repeatedly for the purpose of performing the action itself. ,
- Ritual is something done repeatedly with a purpose outside of the action itself.

#### THE VALUE OF RITUALS

Daily habits, though helpful, do not fulfill any bigger purpose, while rituals, though repeatable, help neutralize or even prevent anxiety. This is the reason to reflect upon these slightly silly and often very private actions to learn why we do what we do and how we do it this way.

In pandemic times we all changed our lifestyles and had to adjust our equilibrium. We lost a lot of our rituals, but we created new ones to gain back what we lost, to preserve our physical and mental health. With rituals the world seems more stable, we still have a rhythm to our lives and our equilibrium is almost back to normal.

#### CREATING YOUR RITUALS

Anything we do can become a ritual. There are very personal rituals and then there are the ones we have with family and friends. There are daily ones and the rituals we repeat annually. For someone it is putting the running shoes next to the bed to relax, just thinking about morning run. For someone else it is reading a few pages in bed to switch one's mind from own troubles to that of the heroine. For many parents, it is tucking in a peculiarly sleeping child to feel „all is well in the world”.

#### CREATE YOUR OWN RITUALS!

Anyone can create rituals and here are a few examples:

**Planning the weekend on Wednesdays** – to gain two more days to enjoy the upcoming weekend.

**Making the bed daily immediately after rising** – to self-motivate ourselves with a completed first task of the day.

**Daily shower and dressing** – to be ready physically and mentally face the world.

**Monthly house clean-up scheduled on a certain day of the month** – to lower the stress for the rest of the month since it is scheduled and will be done.

**Weekly purse cleaning** – to symbolically end of one week to start a new one.

**Saturday hike with family** – to reserve time for family to enjoy it.

**Weekly meal planning on Thursdays** – to lower stress level, to save time and to gain time for enjoying your cooking.

Look at your days, weeks and months. Create rituals, not new habits!

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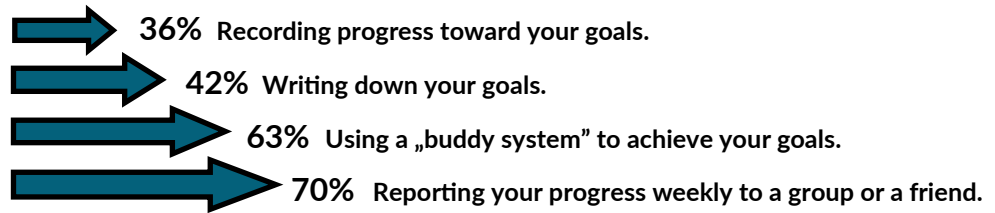


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**INCREASE  
YOUR RATE OF  
SUCCESS!**



**“Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better.”**

**- Samuel Beckett**

### IS YOUR GOAL S.M.A.R.T. ?

*Biggest dreams stay just that, dreams, if you don't set them in tangible, measurable and achievable goals. Don't forget to describe them and achieve them!*

**S.M.A.R.T.** is a technique to help us setting goals and motivating us in the long run. S.M.A.R.T. is an abbreviation that stands for: S - specific, M - measurable, A— achievable, R - realistic, and T- timebound.

**When setting your goals make sure to use dates, hours and other measuring values.** For example: a) by February 1st I will sign up for speed reading class, b) I will lose 5 kg of my weight by June 1st, or c) I will take 3-km-walks at least twice a week.

**EXERCISE:** Describe your important goal using S.M.A.R.T.

### OR IS IT S.M.A.R.T.E.R. ?

Of course, you guessed right that S.M.A.R.T.E.R. is a continuation and extension of the above S.M.A.R.T. method. It includes two more elements used in describing goals that support achieving them. So don't forget to add E - evaluate and R— readjust to stay on track and motivated.

**Be realistic in setting your goals.** You will give up inflated ones quickly while the smaller goals you achieved will help you stay motivated and evaluate your progress.

**Adjust your goal to a new situation.** If you fall of the horse, stop to evaluate the cause, and readjust to a new situation so you can return to achieving your goal.

**EXERCISE:** In the earlier description, add a moment you will evaluate and readjust your goal.

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**Don't wait—call now! Talk to a professional about the necessary changes in Your life.**

**Map out a plan for these goals with a coach. We are here to support You!**