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January 2023



## NEW YEAR'S RESOLUTIONS

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The beginning of a new year is a 'magical' boundary for many people, after which they begin a new life. This is, of course, related to New Year's resolutions which assume introducing positive changes, healthy habits, opening up new directions of growth. However, are these personal pledges likely to materialise? Both yes and no – it's up to us.

### SOME NEW YEAR'S STATISTICS

According to the study [discoverhappyhabits.com](https://discoverhappyhabits.com) as the weeks go by, sticking to New Year's resolutions ceases to matter. After one week, 75% of respondents still hold on to their New Year's resolutions, but after two weeks this figure drops to 71%, after one month it is down to 64% and after six months only 46%.

Why do these failures happen to people? In the aforementioned article, 35% of participants in the 2014 survey report that the goals they set were unrealistic. 33% did not track their progress, 23% forgot about their resolutions altogether. Around 10% of respondents admitted that they had made too many New Year's resolutions.

### WHY DO PEOPLE MAKE NEW YEAR'S RESOLUTIONS?

We associate the beginning of a new year precisely with something 'new', even though the day is not much different from any other day of the year. However, what is important is the symbolism we give it and through which we feel that it is the beginning of a 'new' time in life. What is more, just imagining ourselves in a changed version – the result of diligently fulfilling a resolution – makes us feel good... and that can be deceptive. The timing of New Year's goals is also detrimental: the post-Christmas period is often associated with pleasant emotions and relaxation, while New Year's Eve fills us with joy and a playful mood. Because of this, our New Year's resolutions can be made under the influence of emotions and consequently impossible to fulfil.

New Year's resolutions are nothing more than goals that we can set for ourselves no matter what day it currently is. For them to be successfully implemented, it is worth working on turning them into a habit. It is therefore a good idea at the outset to create an appropriate action plan.



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- Inspire yourself to change for good*





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The most popular New Year's resolutions relate to losing weight and starting a healthy lifestyle (including going to the gym), quitting smoking, giving up alcohol, getting a promotion and learning a new language

#### HOW TO EFFECTIVELY FORM NEW HABITS

Try applying the following tips before making a list of resolutions:

1. Change won't happen if you don't change your actions – sometimes all it takes is a different mindset, a new strategy or a revision of your existing plan to achieve a goal.
2. Your goals should be about what is really important to you – without intrinsic motivation, there is no hope of succeeding and feeling satisfaction of the achievement.
3. Introduce the change gradually – a sudden change may arouse more resistance in your brain, so you will find it harder to achieve the goal.
4. Be prepared for possible difficulties – don't generalise your failures: if it didn't work out for you once, it doesn't mean it will always be like that. Opt for flexibility and modify the plan if necessary.
5. Name your goals and plan exactly how you will achieve them – e.g. instead of 'I will lose weight', specifically state 'I will lose 10 kg by the end of the year'. Additionally, list your options: do you want to exercise at home or would you like the assistance of a trainer? The written word has more power and you can always go back to it.

#### USE THE SMART METHOD

The SMART concept (an acronym for Specific, Measurable, Achievable, Relevant, Time-bound) allows goals, including New Year's resolutions, to be properly formulated in such a way as to increase the chance of their success. Correctly planned goal achievement should assume that the goal is:

- S – specific. That is, instead of 'from the new year I will start running', say: 'from the new year I will run 2 km every Tuesday'.
- M – measurable. For example, running alone is not enough. It is essential to measure the distance by using an app or a sports band.
- A – achievable. If, without prior workout, we set ourselves a goal to run 5 kilometres every day, we will quickly let go of such a goal because we will physically not be able to achieve it. It is better to use the small steps method.
- R – relevant. That is, you have to ask yourself what real value it has for us. Are we committed to run a marathon or just looking after our own fitness?
- T – time-bound. It is worth setting a goal whose real effect will be visible to us after a certain period of time. For example: 'I will run 5 km without stopping by July and 10 km by November'.

A properly formulated New Year's resolution has the potential to become a habit that stays with us for good. And that's the point, isn't it?

*Don't wait, call now! If you are struggling to achieve the goals you have set, contact a specialist.  
We are here to support you!*