


January 2016

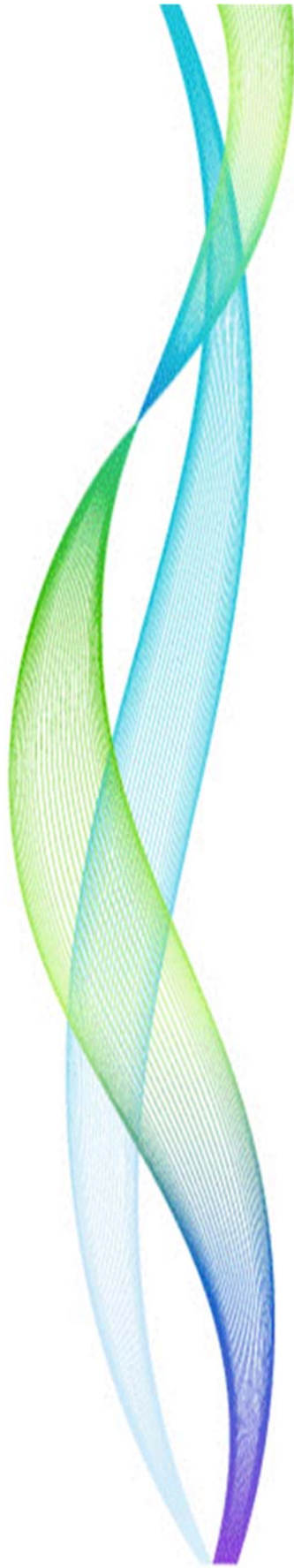
**Focus:** New Year's Resolutions 2.0



Ahhh, New Year's Resolutions. They *mean* well but unfortunately, often come to us in the form of *shoulds* (I *should* lose weight, stop smoking, cut out junk food, etc.), not *want tos* (I *want to* read more books, get more fresh air, spend more time with my family, etc.). One of the things we often talk about in therapy is how to look at current ideas, relationships and challenges in new ways. Because no matter how hard we try, we can't always change things—and in some cases, we don't actually need to. Simply reframing our perspective breathes new life and hope into what may have previously seemed hopeless (of course, if you're struggling with challenges such as addiction, there are plenty of reasons to seek professional help).

For 2016, why not focus on what you're already doing well, then do more of it? It's a simple shift in perspective but one that encourages both confidence and a sense of mastery, as opposed to continual self-defeat caused by focusing on failure. Here are some examples to get you started on your Best Year Yet:

- **Think SMALL** - as in, small habits that, with time and consistency, can grow to bigger, more positive results. If one of your *want tos* is to spend more time with your family but there never seems to be enough hours in the day, try engaging more fully during the time that's currently available. That might be in the form of a simple five-minute conversation with your child on the way to school rather than handing him your smart device.
- **Break It Up** – if you've tried (and failed, as many have) for years to incorporate more exercise into your daily routine, the time has come to accept the fact that maybe you aren't a gym person. Or a workout video person. Or a yogi. But you might be really good at doing 20 wall push-ups while waiting for your coffee to brew, an excellent walker by parking far away from the Target entrance or the world's best Frisbee partner to your dog at the dog park. The same concept applies to housekeeping, managing work projects and more. A little bit here, a little bit there adds up.



- **Have a Plan B** – there will always be obstacles and sometimes, when we’re tired or out of patience, we will make poor choices. Having a Plan B allows you to stay on track even when you’re temporarily derailed.

Happy New Year!

### **Reconnect:** Goal Setting with Your Partner

It’s the perfect time of year to think ahead, but when was the last time you checked in with your partner on your goals as a couple? On your next date night, talk about what you’d like to achieve together for the next twelve months. Maybe that includes a romantic get-away for two. Or to start walking together after dinner. Or even to paint your bedroom a new color you both love. Setting couple’s goals helps you feel more connected and that you’re growing in the same direction.

### **Bibliotherapy:** *Blood Will Out* by Walter Kirn

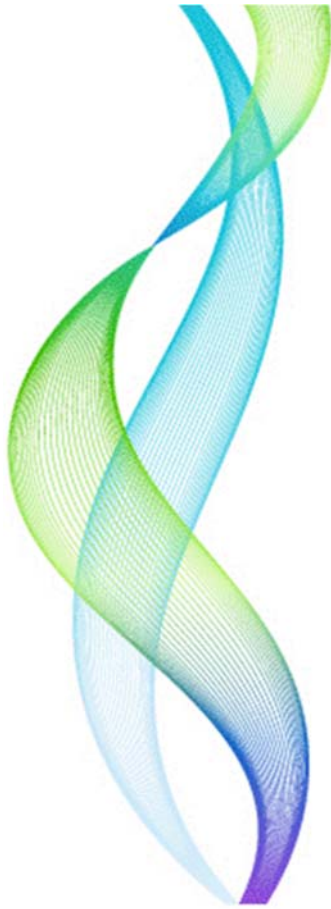
The compelling story of writer Walter Kirn’s (*Thumbsucker, Up in the Air*) real-life friendship with now infamous con man Clark Rockefeller. “As Kirn uncovers the truth about his friend, a psychopath masquerading as a gentleman, he also confronts hard truths about himself. Combining confessional memoir, true crime reporting, and cultural speculation, *Blood Will Out* is a Dreiser-esque tale of self-invention, upward mobility, and intellectual arrogance. It exposes the layers of longing and corruption, ambition and self-delusion beneath the Great American con.” – source: [www.Amazon.com](http://www.Amazon.com)

### **Time-Out:** Family Meals

Now that the holidays are over, family meals can get back to “normal.” But is “normal” in your home? Three different take-outs in various rooms at “whatever” time? Due to crazy sports schedules, grueling homework assignments and parents’ workloads, it’s easy to get into the eat whatever/whenever pattern but consider this: numerous studies have shown that family meal times have a significant impact on children’s health and weight as well as their likelihood to eat more healthfully when they’re finally out on their own. Start with just one family meal per week, perhaps on a Sunday when things are more relaxed. Your kids may not thank you now, but we guarantee—they will later.

### **Self Care Strategies:** Just Five

Feeling depleted at the end of the day? Give yourself Just Five: five minutes of rest, five minutes of meditation, five minutes of your



favorite music/dance, five minutes of quiet—whatever it takes to refuel your spirit. You’ll be surprised how much this little practice makes a difference in your everyday life.

**Take Two:** *Youth*

Michael Caine and Harvey Keitel star in this story “about the lifelong bond between two friends as they ponder retirement. While Fred has no plans to resume his musical career despite the urging of his loving daughter, Mick is intent on finishing the screenplay for what may be his last important film. The two men reflect on their past, each finding that some of the most important experiences can come later in life. Rachel Weisz, Paul Dano, and Jane Fonda also star in this Cannes Film Festival standout.” – source:

[www.angelikafilmcenter.com](http://www.angelikafilmcenter.com)

**Our Time is Up:** Stayed tuned for our February issue...