



MAINSTREAM MENTAL HEALTH

January 2023/ Issue 34

“It’s not about perfect. It’s about effort. And when you bring that effort every single day, that’s when transformation happens. That’s how change occurs.”

~Jillian Michaels

GETTING SUPPORT FOR YOUR RESOLUTION

Good ideas for resolutions may include spending less and saving more, stopping smoking or losing weight. It is important not to take too much into your hands but to start with a few small achievable goals (Griffin). Examples may include things like not ordering soft drinks at restaurants, finding new ways to calm your nerves, or start eating healthier foods.

What may help is a “motivating belief” (Lickerman) which may be the dissatisfaction that leads to the need for change. Maybe there is a plan to save for retirement, have better outlets for stress, or losing weight could drastically improve health. Lickerman writes, “Where changing a strongly entrenched habit requires changing our belief about that habit that penetrates deeply into our lives, continually manifesting that wisdom (and therefore that habit) requires that we maintain a high life-condition.” He goes on to explain that mood is important to maintaining a changed behavior. A changed belief is turned to action when there is a positive mood.

What can help with maintaining a “high-life condition” is having support for your resolutions. Jennifer Moyer writes, “the ability to talk to others, who have been through similar life experiences, has helped encourage me to overcome my challenges as well as to maintain a more healthy and positive outlook.” One way to provide emotional support is to build people up. You can give a compliment or remind them of successes or focus on strengths (Raypole). Also, people have mirror neurons that respond to a smile and being around smiles shares happier emotions. Qualities of emotional support include compassionate, unconditional, person-centered, respectful and nonjudgmental (Villines).

The key to maintaining new behaviors is to be happy. If there is a new year resolution that you wish to keep, make an effort to stay in a positive mood. Emotional support is good to have when you are working on a goal for the new year. You may have need to change but there is also emotional support to help you maintain the changed behavior. This may help with staying in better habits that are healthier and goal-oriented.

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Legg, T. & Raypole, C. (2021, September 10). *How to Be Emotionally Supportive*. Healthline. <https://www.healthline.com/health/mental-health/emotional-support>

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BIRTHDAYS

Charlene T.
Rick P.
Anita B.

Chuck M.
Scott J.

Hanna T.
Todd O.

PSR CALENDAR

PSR JANUARY ACTIVITY CALENDAR

Positive New Year

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tailgate Sunday	2 Off	3 New Year ...what will you improve about yourself(AM) R&B Bingo	4 Valley View (Am) Jukebox/cards/ PS4	5 Do you know what your medications do for you? Bowling (AM)	6 In House Movie (AM) Show and Tell Friday(PM)	7
8 Tailgate Sunday	9 Visit Lowe's (AM) In house plant making Team Trivia/karaoke(PM	10 5&Below(AM) What does family mean to you?(PM)	11 Goodwill Vinton (AM) Strengths/Weaknesses (PM)	12 How does Bipolar effect you?(AM) ARTS/Crafts (PM)	13 PSR Store Day(AM) Career Day(PM)	14
15 Tailgate Sunday	16 Martin Luther King Day Visit MLK Statue (AM) MLK Trivia (PM)	17 Taubman Museum(AM) Views of Downtown (Take Pictures)	18 Design your T-Shirt(AM) Bring a shirt!!! What is a friend?(PM)	19 National Popcorn Day Make Popcorn/Movie Movie Trivia (PM)	20 PS4 Tournament "Reward" (AM) Hip-Hop Bingo (PM)	21
22 Tailgate Sunday	23 Dealing w/ Social Anxiety(AM) Calendar Planning(PM)	24 Make a Card for a Nursing Home(PM) National Compliment Day(AM)	25 Pictures at Wasena Park(AM) Jukebox/ PS4/Cards	26 Bowling (AM) Improving your Patience (PM)	27 In House Movie(AM) Karaoke(PM) PSR Store Day	28
29 Tailgate Sunday	30 Pictures at the Mall (AM) Fire Drill Karaoke(PM)	31 If I could beI would do _____and why.(AM) Dollar Tree (PM)				