



MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Now, let's get into the January Mental Healthy Newsletter!

Too often, we reflect on how we can better ourselves and contemplate changes to make that happen. Yet, resolutions are rarely kept beyond the second Friday of January (Everett, 2023).

New Year's resolutions typically focus on goals for self-improvement. When we don't meet them, we can experience feelings of inadequacy, failure, burn-out, low self-esteem, which then triggers stress and anxiety. In time, this can take a negative toll on our mental health.

Setting New Year's resolutions can be a positive way to focus on self-improvement, but it's important to approach them in a manner that promotes good mental health and well-being.

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpctx.edu.



Happy
NEW YEAR

2024

Cheers to a fresh start and
a bright future

New Year's Resolutions: Building Good Mental Health Habits

TO HELP YOU GET STARTED, HERE ARE SOME TIPS FOR CREATING RESOLUTIONS THAT PRIORITIZE YOUR MENTAL WELL-BEING:

Ask yourself:

- Does the very thought of making a New Year's resolution excite you or overwhelm you?
- How can I make simple day-to-day changes that will help me build momentum and achieve success?

* If a particular resolution is causing significant stress or negatively impacting your well-being, feel free to reevaluate and adjust your goals as needed.

- **Pick a Goal that Motivates You:** You are more likely to stick to your goal if it motivates you..
- **Focus on Progress, Not Perfection:** Emphasize the journey and strive for progress rather than aiming for perfection. And reward yourself for the progress you make.
- **Break Down Your Big Goals into Smaller, More Manageable Goals:** By doing this you'll be much less likely to feel overwhelmed.
- **Lean on Others for Support and Motivation:** Achieving goals can be easier when done with others.
- **Practice Self-Compassion:** Be easy on yourself. Don't compare yourself to others. Set goals with only you in mind
- **Know When to Ask for Help:** You are not alone.

New Year **MENTAL HEALTH RESOLUTIONS REMINDERS**

- * Your goals can be flexible and adaptable.
- * Prioritizing rest can be your goal.
- * Be intentional and focus on the present, not the long-term.
- * Every small step is growth, whether forward or backward.

[CLICK HERE](#) for tips on creating SMART Goals.

[CLICK HERE](#) to create your own.