

# January

## New Year's Resolutions

- 1) Quit smoking
- 2) Quit drinking
- 3) Lose weight
- 4) Join gym
- 5) Go back to school
- 6) Pay off debts
- 7) Find new job
- 8) Get organized



**QUINN**healthcare  
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## Health & Wellbeing Bulletin

# Motivation: New year, new you?

The New Year brings an opportunity to assess our lives and take steps to make positive changes. Whatever your new year's resolution – losing weight, giving up smoking, taking up a new exercise or activity or improving a relationship with a family member – this bulletin provides some tips and strategies to help you stay motivated and achieve your chosen goal.

### New Year's Resolutions

How often have you made a New Year's resolution only to find you've broken it before the week is out? Well, you're not alone - for most people, New Year's resolutions don't last beyond January.

One of the main reasons they don't last is because they're just not realistic. It's easy to say that you'd like to be a stone lighter or run a marathon by the end of the year, but have you considered what this actually involves or what you need to do to make it happen? Planning is key to keeping motivated and achieving any goal. Here are a few pointers to help you stick to your resolutions this year.

- Start small – it's easier to start with a couple of small changes you'd like to make, rather than enormous, radical ones. For example, if you want to lose weight, why not resolve to eat a piece of fruit instead of your usual sugary snacks. This may be far more achievable than putting yourself on a strict calorie-controlled diet.
- Pick one thing to focus on at a time – if you set yourself too many goals, chances are you won't achieve any of them.
- Make sure you have clear reasons for why you want to make a change and that you believe in them – you will have trouble sticking to a resolution if you're not really sure why you're doing it in the first place or if you don't really want to do it.
- Don't try to achieve too much too quickly – set yourself manageable targets. If you want to build up your savings or pay off your overdraft by the end of the year, try to put away a little bit of money each month. You will have a better sense of accomplishment throughout the year, and will be more likely to stick with it.
- Make sure your resolution suits your lifestyle. Can you really fit in a gym session three times a week? If not, think about what you can achieve – maybe it's cycling to work or taking up a new activity that you can do together as a family at the weekend.

- Get support from friends and family. It can be easier to make changes if those close to you know what you're trying to do and why. You might even find that you inspire a friend or family member to join you in your quest!
- Don't give up on a resolution just because of one lapse. If you've vowed to stop smoking and break your resolution on day one, it doesn't mean you have to wait until next year to try again.
- Finally, the best New Year's resolutions are those that set good habits for life. By the time you get to the next December 31st, your New Year's resolution will hopefully have become a way of life!

### Positive Thinking

Stay positive, remember you are working towards something that you want to and can achieve. Anytime you have a negative thought replace it with a positive statement. If you feel you can't achieve something – ask yourself why. If the reasons are practical put steps in place to deal with them. If they are emotional it can help by examining if they stem from situations that you have experienced in the past. Accept your feelings but remember that they don't mean you can't achieve what you want to now. If you have set yourself reasonable goals and set a realistic strategy there is no reason why you can't achieve what you want. Remember, it's not the extent of the change you make that matters, it's the fact that you've recognised that you want to make change and are working towards it one step at a time.

### Re-affirm your Goal

Repeating affirmations to yourself will help you stay focused. An affirmation is simply a positive statement such as "I now exercise regularly and have a healthy fit body". Keep your affirmations positive; the trick is always to avoid negative messages.

### Motivation in the Workplace

At work, motivation not only has a large effect on your performance and progression, but also on job satisfaction. This can have a major impact on your overall wellbeing. It is therefore worthwhile to consider your motivation at work and how to improve it. Look at what motivates you and what you want to achieve.

When thinking about motivating others it is important to remember that each individual will be motivated by different factors. For example the need for achievement, security, social relationships at work, financial incentives as well as factors outside of work will influence individuals differently.

As described above, setting specific targets is key and the same steps above can be applied to work-related goals. An individual will be more motivated if they have agreed to, or had a role in setting their own targets. Fair reward and recognition are also extremely important in maintaining motivation in the workplace.

Finally, make sure you have adequate challenges at work. Whilst excess pressure can lead to stress, the correct amount of pressure (which will vary for each individual) works as a powerful motivator. Change can be as good as a rest, so if you are feeling unmotivated at work take steps to develop your role to see if there are projects that you can get involved in.

### Further information

For further information on QUINN-healthcare's Health@Work Services please call 1890 907 088 or email [och@quinn-healthcare.com](mailto:och@quinn-healthcare.com)

## Tips to help you achieve your goals

### Personal Goals

- Start with small changes
- Pick one goal at a time
- Believe in your goals
- Don't set unrealistic targets
- Consider your lifestyle when setting goals
- Get support from friends and family
- If you lapse, start again
- Make your resolution a way of life
- Stay positive
- Use positive affirmations

### Workplace Goals

- Set yourself targets
- Ensure you have adequate challenges
- Get involved with new projects