



DON'T RESOLVE; RESET! By Kendra Musselle

Many of us will start the New Year with goals toward breaking “bad” habits. Often we begin this course from a sense of guilt or shame; “I should stop smoking”, “I need to lose this weight”, “I have to be more active”. Notice the “should”, “have-to”, and “need- to” in those statements? Instead of an act of contrition in this New Year, how about giving yourself the gift of a fresh start!

The beginning of a New Year is often a time for reflection and self-evaluation. As we assess the changes we are making, the language we use in self-talk can mean all the difference in the success of instilling or breaking a mindset. Traditionally with the New Year we are called to make “resolutions”, yet the more we “resolve” the less we seem motivated to see it through. Perhaps it is the imagery the word connotes, that we are giving something up or sacrificing something, making it more difficult to accept and embrace the change. Subconsciously it becomes a punishment or chore that we resist. This doesn't make sense on the surface, however many of us have grown accustomed or even become comfortable with our less desired habits and though we rationally know we “should” break them, our inner-selves resist the changes. This results in a start-stop cycle that can cause us more negative feelings that send us spiraling back to the very thing we wish to see changed. And that's a well-worn journey with which many of us are all too familiar.

Perhaps what we could consider is a good, old-fashioned “Re-set”! As adults, we seldom get to experience what we spent years in school doing every August or September. As we entered a new year, it was a fresh start. We saw it as a chance to re-invent, or re-set ourselves. It gave us a chance to see ourselves differently and drop what didn't work for us in the past year, trying on new personas, or new ideas for the New Year. Re-setting creates more of a playful image for us and we become more likely to meet the challenge we set for ourselves when we feel it in a more positive manner. Most of us don't get the transitional break we used to as kids that enabled us to Re-set for the coming year. The best we can do is to adjust our mindsets and

make our health and happiness top priorities. “I will be breathing better and I am going to save a lot of money without smoking”, “I am going to feel better and appreciate what my body can do”, “I am going to play more often”. All of these are positive statements that our minds can create imagery from to lend to our willpower.

So have fun with your new goals. Life is a journey and a process of evolving. Give yourself permission to try something new this year: re-evaluate and RE-SET! And while you’re at it, why not pencil in some RECESS. Take a break and play.