

Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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WEREN'T YOU GONNA....?

Q: A well-meaning friend asked if I had achieved my 2016 weight loss goal, which I haven't. How can I respond without resentment?

A: In a word: *mindfully*. Setting, working toward, and meeting goals are tremendously personal endeavors. Making resolutions and changing strategies for personal growth are neither easy nor quick, but it's important to have the necessary support both within and outside ourselves to achieve goals.

Try to realize that your friend's question comes from a place of support and concern. Maybe your friend wants to help you reach your goal before 2017 rolls around, or to tell you that you look great regardless. Maybe your friend is seeking support for his or her own goal-setting.

Be mindful of the terms of "success" and "failure." Your personal goal is your own, and you set the terms. For example, your goal was to save \$1,000 and you saved \$250. You can congratulate yourself on saving something, or you can beat yourself up for not reaching the full amount. You can re-evaluate the goal by asking if the goal was to reach a certain dollar amount or if it was to show that you can save money.

Again, using mindfulness, consider why you chose that goal. Was a health and fitness goal based on a doctor's recommendation, or something you read in a magazine? Was the goal feasible? Were you saving money for something you no longer really need or want? Take a moment to re-evaluate the motivation for each goal and check in with yourself. Is your goal still relevant, doable, and desired?

Go easy on yourself. Celebrate incremental achievements. Take pride in having goals and seeking to improve or accomplish something. It feels good to be inspired and motivated, for however long it lasts.

Finally, reconsider with whom you share your personal goals. Be mindful about your friends, acquaintances, and what you share about yourself. You can always share your goals with the social workers at Will Rogers. We are happy to hear them!

Sources:

"How to Actually Achieve Your Goals Before the Year Ends" By Susie Moore 8/30/16 available at www.greatist.com

"Goal setting, achievement orientation, and intrinsic motivation: A mediational analysis." by Elliot, Andrew J.; Harackiewicz, Judith M. in *Journal of Personality and Social Psychology*, Vol 66(5), May 1994

JOKE OF THE MONTH

"I resolved to lose twenty pounds by the end of the year. Only thirty pounds to go."

WILL CALL

Do you or someone you know need our assistance? Call toll-free (888) 994-3863 or wrpioneers.org





2017 HEALTH CALENDAR

Do you wish people a happy and healthy new year? We do! We want to help you make a plan to stay healthy both mentally and physically in the coming year.

Moving your body throughout the year takes focus and commitment, especially during the busy holidays and colder months. Issues such as finding the time, getting up when it's still dark outside, or heading out to the gym when the temperature drops are some of the challenges to a successful fitness regimen. What if you scheduled ahead of time? What about a fitness calendar to keep you on task?

If you live some place where it's too cold to exercise outside, fill your January and February fitness calendar with indoor activities like stretching, yoga, or lifting weights. Give yourself credit for vigorous house cleaning every few weeks. Look ahead to March and April by moving your workout outdoors for Tai Chi or walks, followed by gardening in May and June, then swimming in the summer. Bowling is a great workout any time of year, especially as fall rolls around and it starts to get cold. By planning exercise for the months ahead, you are imprinting it on your brain, mindfully preparing for a year of steps to physical

health!

Add mental health “workouts” to your calendar as well. Meditate in March. Make a new friend in May. Learn a new skill in November. It's equally important to pay attention to your mental health throughout the year. If you know that a certain anniversary affects your mood, put it on the calendar so it doesn't catch you off guard. Schedule intervals to check in with yourself emotionally, evaluate your sleep, consider how you deal with stress, and stay connected.

We are also here year-round, for health reminders, fitness ideas and supportive check-ins. Give us a call at (888) 994-3863.

Resources:

Print a free workout calendar here: <http://www.workout-calendar.com/focus-t25-workout-calendar/>

The National Council on Aging offers tips on exercise for older adults: <https://www.ncoa.org/center-for-healthy-aging/physical-activity/physical-activity-programs-for-older-adults/>

Find mental health tune ups here: <http://psychcentral.com/blog/archives/2012/05/23/10-simple-suggestions-to-improve-your-mental-health/>



QUOTE OF THE MONTH

The worst thing that happens to you may be the best thing for you if you don't let it get the best of you. - Will Rogers

