

# Healthy Futures News Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~January 2013~ Vol. 1, Issue 7

## Make 2013 a MAGIC year

The tradition of making resolutions on New Year's Eve is entrenched in our culture. Unfortunately, so is the notion that almost no one follows through with them.

Why is that the case?

Healthy Futures team member Kim DiRé says a primary reason most fail at "accomplishing" New Year's resolutions is the resolutions themselves set people on a path toward failure.

Most people's resolutions talk about quitting something or losing something. And it ends up being a classic "negative

suggestion."

The most famous example of negative suggestion is, "Don't think of pink elephants."

Naturally, when someone hears that, his or her mind immediately conjures up pretty pachyderms on parade.

The same happens with most resolutions, DiRé says, because most of them are focusing on a negative. In other words, if someone resolves to quit smoking he ends up thinking of almost nothing but lighting up a cigarette.

What's worse, not achieving these

impossible resolutions can hurt a person's self esteem.

"Eighty-eight percent of us by February, the statistics show, stop our resolutions and we don't continue on, so we feel like failures," DiRé says.

Instead, DiRé suggests people turn the resolution



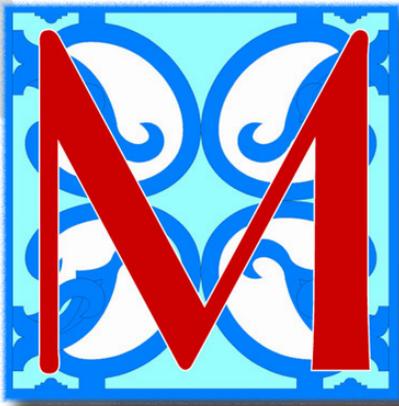
Healthy Futures team member Kim DiRé.

into MAGIC - an acronym for a series of suggestions to help anyone wanting to improve his or her life this new year (or at any time, actually.)

Without further ado, here's how you can make 2013 a MAGIC year.

Please see MAGIC on page 2





## Make an effort

“Participate in your own life. Do something that makes it feel like you’re willing to move forward,” DiRé says.

Making an effort also includes taking time out to listen to your inner voice rather than flying at a hectic pace at all times.

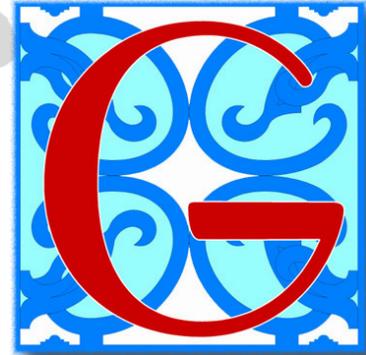
What’s more, making an effort means finding a balance in life between work and play - so if your life is all one and none of the other, make the effort to create a balance (which means more fun for most!)



## Action

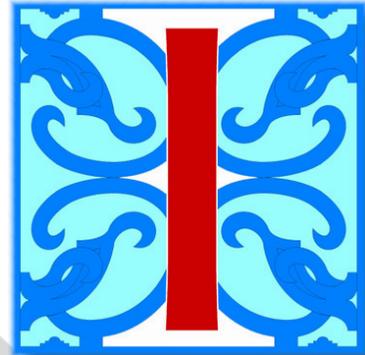
Taking action makes good intentions a reality, and it doesn’t matter what size the action takes.

“Even if it’s something small, if you do something in a behavioral way, you’re apt to find some success in that,” DiRé says. “If you feel too overwhelmed, that’s just an indication that it was too big of a step. Break it down, make it smaller.”

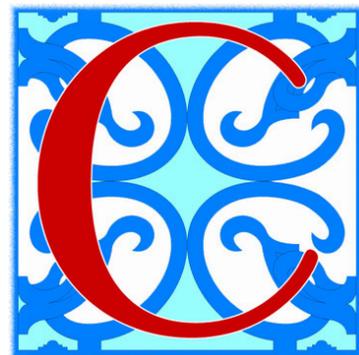


## Get involved with others

Helping others is a sure way to create magic. It can be as simple as smiling at someone, or as big as helping build a house with Habitat for Humanity. “Sometimes if you get involved with a little act of kindness, it can help improve your life,” says DiRé.



**Improve your life** – “In the moment, in the day, in the month, do anything that you can do to help your life become better,” DiRé says.



**Care** – “Self care, with proper sleep and nutritional eating, is going to be one of those ways to make your New Year great.”



## YO! PEEPS! SAVE THE DATE!

All Healthy Futures “peeps” (clients past and present, colleagues, friends and associates) are invited to our first ever Pups & Peeps Walk on Saturday, Feb. 23, at 9 a.m.

We’ll meet at Healthy Futures and enjoy a nice, friendly, leisurely and healthy walk with each other and with our pups\*.

Keep an eye out for full details soon.

*\*No doggie? No problem!  
Please attend anyway!*