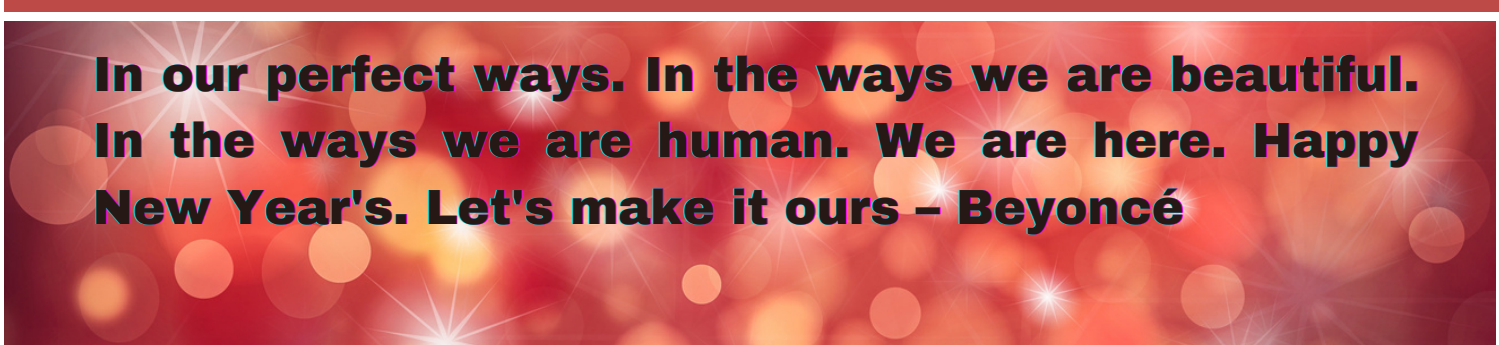


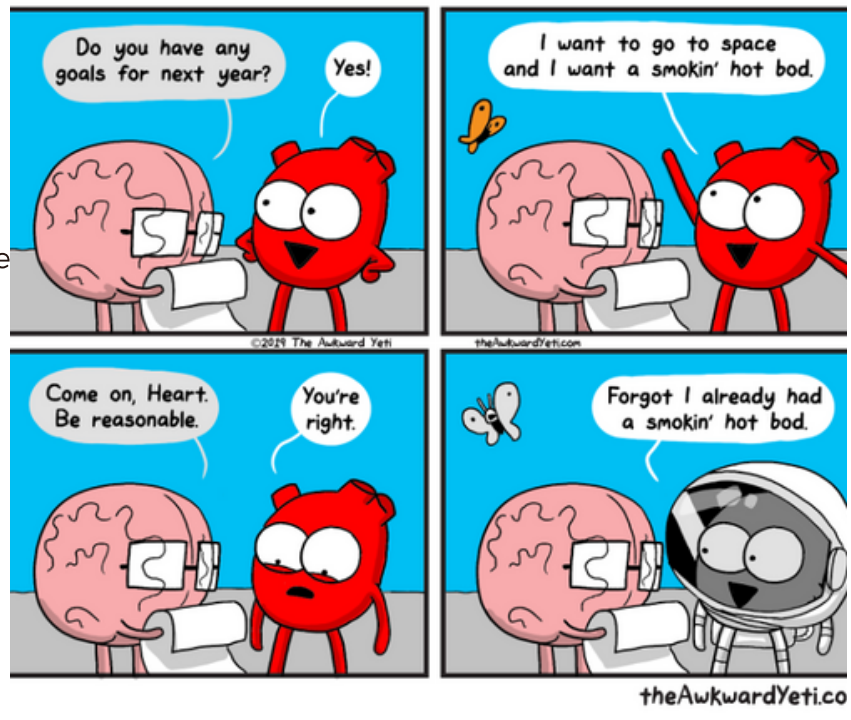
CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



HAPPY NEW YEARS RESOLUTIONS

The new year brings with it the idea of a fresh start, which can be exciting, motivating and full of promises of a better year. However, The reality is that only a small handful of people are successful in completing the resolutions that they excitedly made. This can often leave people feeling like a failure. What people don't realize is that these promises and expectations are often unrealistic and unattainable in the first place. Change is a hard process that rarely happens overnight and the expectation that it can is an unrealistic one. To avoid the pitfalls of setting unrealistic resolutions, try these four tips on how to set healthy and attainable New Year's goals.



- Try using the **SMART guide** when setting goals:

- S** Is the goal **Specific**? A vague goal is easy to break because it doesn't feel tangible. For example, think what needs to be accomplished, how you plan to accomplish it, and who will be involved. (e.g., I want to exercise for 20 min/day vs I want to exercise)
- M** Can you **Measure** your goal? How will you know you're making progress?
- A** Is the goal **Attainable**? Is this a goal that you can reasonably accomplish?
- R** Is the goal **Relevant**? Is this in line with your values and is worthwhile to work towards?
- T** Have you included a **Time Frame** for when you think you can realistically achieve the goal?

- **Find some cheerleaders!** Make sure you have a group of people who support you. This group can help motivate you, help hold you accountable but most importantly, help support you if you are struggling or feel like you failed.
- **Practice Self Compassion!** Despite your best effort, it is still possible that you might not reach your goal. Beating yourself up about this is only going to make things worse. Instead, try to learn about why you were not successful and then offer yourself forgiveness and compassion. What would you say to your best friend in the same situation? Treat yourself with the same kindness. Take a self-compassion break with Dr. Neff (below). Or maybe a resolution could be to be more kind to yourself!
- **Avoid the pitfalls of All or Nothing thinking!** If you believe that one piece of cake spoils the entire diet, or missing one day of your yoga class means you might as well stop going, then you are setting yourself up for failure.

Community Events

Woolwich Counselling

- [Upcoming events](#)

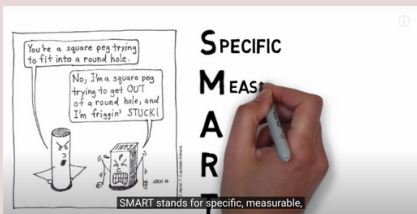
KW Counselling

- [Parenting Groups](#)

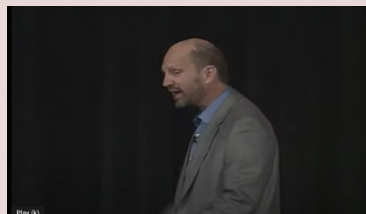
Carizon

- [Winter groups](#)

Check out these YouTube videos if you want to learn more:



[SMART Goals \(quick overview\)](#)
(~4 min)



[Funny Motivational Speaker Billy Riggs talks about Goal Setting](#)
(~4 min)

MINDFUL MINUTE

Need help practicing self-compassion?

Try
[Dr. Kristen's Neff's self-compassion break](#)
(5 minutes)

These practices are supported by research and we encourage folks to give them a try! BUT, we also acknowledge that we all have different backgrounds and experiences. This may make your strategies and practices look different in your family.

LUNCH AND LEARN
FOR PARENTS
AND CAREGIVERS



Lunch & Learns with WRDSB Psychology Dept

Wednesdays 12:15 to 12:45

[Zoom link](#) Meeting ID: 544 193 0058 Password: WRDSB

Jan. 12: The Development of Self-Regulation and Co-Regulation

Jan. 19: Parenting Your Child with ASD

Jan. 26: Why Your Child Gets Stuck (And What to do About it)

January Lunch and Learn Sessions for
Parents and Caregivers
Waterloo Region District School Board (WRDSB)

Need some help?

Here 24/7: 1-844-437-3247

Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868

Front Door: 519 749 2932, and press "1"

**For urgent matters call 911
or go to your local
emergency room**

Missed a newsletter? Check out the previous newsletters [here](#)