



Ben Gordon Center

815-756-4875

[www.bengordoncenter.org](http://www.bengordoncenter.org)

## Let's Talk About it

### New Year...New YOU

With the New Year upon us many of us set new years resolutions, it's never too late to set realistic goals for ourselves and our business. The important thing is to make your choices wisely. The beginning of a New Year is a time when many of us set resolutions or goals for the coming year. It is important to set realistic goals for ourselves that will enhance the quality of our lives and not just expectations that we may be challenged live up to.



We tend to respond to what society or others think our goals should be without taking into account what we want. Society thinks we should look a certain way or act a certain way. We simply need to find the things that make us happy. I suggest that we remember three things when they select a resolution: keep it simple, be realistic and stay flexible.

Looking for the simplicity in life will provide you with more opportunity to succeed. Choose several possible resolutions -- whether they involve family, work or personal choices -- and then pick one of them. We tend to have elaborate lists of things they want to accomplish. You'll have a better chance of succeeding if you just deal with one at a time.

Once you've identified your goal, work backwards to achieve it. Figure out what you need to do to achieve the goal and then take baby steps to get there.

To quit smoking, overcome an addiction, reduce symptoms of depression or improve our relationships are very healthy goals, but they take time. Make your goal attainable. The experts at the Ben Gordon Center are specialists in assisting adults, children and teens achieve their goals. They use evidenced based practices of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Exposure Therapy as well as many other outcome



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based treatments to assist you in your success of recovery.



And remember that there are some goals you may not be able to achieve, such as winning the lottery. We'd all like to win the lottery, but that's really not realistic. We should look for things that are attainable; it would be a better goal to take charge of your financial health with the help of a financial advisor. You may even need to set minor goals in order to ultimately achieve a major goal.

Say you want to not loose your temper as much. By working with one of our counselors you can identify those situations that trigger your anger. By working together you can begin to gain control of this powerful emotion. Set small successes for yourself. Look for the quick wins.

Being realistic also will help you achieve your goal. Trying to eliminate all of your stress is also unrealistic. A certain amount of stress is needed to keep us moving. But instead of dealing with stress in negative ways, such as drinking alcohol, abusing drugs or smoking, I advise replacing them with positive copers, like exercise, eating healthy, volunteering or taking up a hobby.

Just sitting and daydreaming can be a very healthy mental health vacation.

People also should take into consideration their personality and the dynamics around them. If your goal is to get along with your in-laws, remember that you only have control over your behavior. Take ownership over what is yours and let go of what isn't...

Once you've spent some time working on your goal, re-evaluate it. And be flexible. Your goal may need to be revised.



It's also important to find small successes and reward yourself. Rewards don't have to be anything that costs money. It could be something simple like taking time for you.

Look for some fun and enjoyment in what you do. That's why so many exercise programs end in February. There's no fun in it. It's boring. Try different exercises instead. When it's nice





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outside, take a walk. Or play music. Look for ways to make it fun.

Most importantly, don't be discouraged if things don't go the way you planned. When the day is done, it's done. We can't go back and change it. Make the day as good as you possible can.

We should try to find joy in everything we do. Be grateful every day, and say thank-you on a daily basis.

Psychologists have who have studied what makes us happy or content suggests that feeling satisfied has more to do with having goals than with the material items and trappings of our society.

A ninety three-year-old participant in a study of successful aging had little time for interviews. She was to busy studying Spanish and participating in an Assertiveness Training Program! Life had presented her many challenges, but she had yet to find it boring

Here are a few important things to keep in mind when setting goals for ourselves:

- Be realistic
- Do not set expectations on what "we" think others want us to be...we have to want it for it to work.
- Set small attainable goals, not one BIG goal
- Celebrate our success!!!!

What ever they may be, our goals give us purpose. It is important to set both short term and long term goals. A goal is a dream with an outcome. Enjoy your new year!



Ben Gordon Center offers mental health and recovery services for adults, children and families in our community.

Ben Gordon Center, Inc. offers services on a sliding fee for those who qualify. Ben Gordon Center, Inc. also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center is fully accredited by JCAHO, Illinois Division of Mental Health and the Division of Alcohol and Substance Abuse Services.

For More Information about treatment options available call the Ben Gordon Center in DeKalb at 815-756-4875 or in Sandwich at 815-786-7544

Or Visit our Website at [www. Bengordoncenter.org](http://www.Bengordoncenter.org)