

Tips for Keeping Your New Year's Resolutions

The New Year is upon us yet again! About half of all Americans make resolutions, but research suggests barely eight percent keep them. Here are a few ideas from your Doctor of Chiropractic to help you keep those Resolutions.

Advice for people making resolutions

Resolutions are, basically, a desire to make a change in your life. A good starting point for making and keeping positive Resolutions would be to be clear on your 'why.' Ask yourself how this change will benefit your life and support your values. For example, the deeper reason for deciding to quit smoking may be that you want to be a healthy role model for your children. Understanding that can boost your motivation initially and help keep you on track when you hit the inevitable rough patch.

Also, it can help tremendously to be specific about the behavior change you propose to make. Research suggests that the more specific you are about the change, the better. If your Resolution is to exercise more regularly, getting specific might be saying, 'I know I can fit in 15 minutes of walking three times a week.' It's helpful to start with something achievable so you don't feel overwhelmed. You can always increase your goal later.

Finally, it's always wise to ask for help. Getting support from family and friends has been shown to help us make lasting change. It's also good to partner with someone who's making the same behavior change. That creates accountability, and the camaraderie helps too.

Keeping track of your progress

Research tells us that tracking progress helps achieve goals. Even if things aren't going perfectly, tracking your progress can be viewed as helpful feedback to make course corrections instead of abandoning ship. Plus, when you're regularly logging your progress, it keeps your goal in the front of mind. It doesn't matter how you track your progress. Some people keep it simple and mark the days they exercise on a calendar. Others like technology to track exactly how many steps they take each day.

Getting through those rough days

If faced with a dilemma around keeping a resolution, slowing down can help. Take pause and recognize that you may have more choices in the moment than you think. If your resolution is to cut back on sweets because you'd like to lose weight, and then someone offers you a piece of cake, your immediate thought may be 'I want that delicious cake!' You could eat the cake and have the immediate gratification. You could also step away for a few minutes to see if the craving for the cake dissipates. Or you could decide to have a small piece and do more walking that day to burn the additional calories.

If you pause, consider your choices and call to mind your 'why' (the deeper reasons for making a change), you can then make a more deliberate decision. You'll feel positive about that, and you're more likely to repeat that mindful approach.



You can do it!

***This healthy living information is provided by
your Doctor of Chiropractic and the
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