



Healthy & Resilient You

Make Way for Change

Slowing your resolution roll for better results



Resolution season is just around the corner, bringing a lot of excitement (and pressure) to find new beginnings and make big changes.

Around 40% of U.S. adults make at least one New Year's resolution each year. The top three consistently revolve around improving health with some variation of exercise more always at number one.

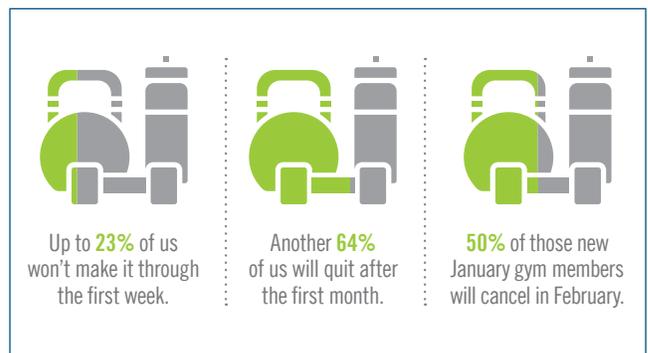
It's no wonder monthly gym membership signups spike by 50% each January.

The Resolution Crash and Burn

Resolution enthusiasm is a rush. No matter what the focus—health, financial, relationship, or lifestyle—we get caught up in the excitement of a new us and the potential of a better life. We join a gym or buy expensive home equipment. We subscribe to the online weight-loss meal planner. We download expense trackers or dating apps on our phones.



And then we hit the dreaded resolution wall. Enthusiasm flags, life intrudes, resolution wavers, and:



On average, only nine out of every 100 New Year's resolvers will stick with it for the whole year. If we consistently find ourselves among the other 91, what can we do differently? It may be surprising to know that it's not just about willpower.

Joining the Resolution Winners' Circle

Unfortunately, we often approach our resolutions emotionally and jump right in, planless.

- We join a gym without looking at our calendar and mapping out when or if we can even get there, including how the to and from commute will impact our lives
- We decide to lose 20 pounds by swimsuit season and pick a diet, but don't think first about food cost or availability or breaking unhealthy habits that have sabotaged our efforts in the past

No matter what we resolve to change or when, we need to plan. The most successful resolvers approach changes mindfully. We can emulate them by taking the time to make a meaningful plan before diving in. Here are some ideas to help.



1. Make a list. Taking on too much at once is a surefire way to burn out quickly. If you'd like to make multiple changes, start by writing them down.



2. Prioritize. Organize your list in order of importance. As you do, take time to consider both the emotional and practical impact. For example, if the goal is to lose weight and gain muscle, you might be really excited to join a gym because that feels the most active. But our body composition is often more about what we eat than how we move. Consider focusing on building momentum with dietary changes first and then adding the workout. Let the excitement for getting to the workout part motivate the eating part.



3. Let go to move forward. When we lose our resolve, often old habits, behaviors, and thoughts are the culprits. Take time to think about triggers that have sabotaged your change efforts in the past. Keeping tempting sweets in the pantry can wreck a healthy eating plan. Body image issues can make us afraid to walk into the gym. Healthy self-esteem and boundaries are essential when our goal is a new relationship or a new job.

Consider how you might let go of that kind of baggage for a better chance at success.

PRO TIP: For help and practical solutions for saying goodbye to unwanted thoughts and habits, check out the guided mindfulness and coaching programs in Concern's digital platform.



4. Break it down. The bigger the goal, the more overwhelming it can seem. Once you've prioritized your goals, use the **power of systems** and tiny habits to break them down into small, achievable steps.

PRO TIP: Use these cultivated reading lists from our library for more specific strategies to supercharge your change engine: [Tiny Habits](#) | [Growth Mindset](#)



5. Have a plan B. When it comes to keeping resolutions, doing something is always better than doing nothing. Having practical alternatives can help you support momentum and a sense of accomplishment. For example, if a daily commute to and from the gym impedes exercise consistency, find options for a body weight or home workout on some or most days, and hit the gym when you can carve out enough time for a focused, complete workout.



6. You've got to want it. That means all of it. Not just the happy outcome, but the whole journey it takes to get there. If every incremental step is a chore, you'll be more likely to give up. Make space for fun and enjoyment. Don't push yourself to pain and muscle failure on every workout. Be sure to include foods you enjoy in your eating plan. Find a workout or diet buddy to add social support and encouragement.

Here's a final bit of resolution wisdom. Reaching your goals will require you to fail along the way. Even the most successful resolvers slip up—sometimes often—so don't focus on the failure. Instead, do your best to **bounce back** and keep going.

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