

## Welcoming In Your New Year

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Happy New Year to all of you! January can be an interesting month. We can go from the overwhelmingness of December to the exact opposite in January. The major holidays are over for many of us. January is often a quieter, perhaps colder time for many of us. And this quiet and cold can offer opportunities to move beyond the lightning-speed pace of December and contemplate welcoming in the New Year. Many of us feel we **MUST** have our resolutions ready to go by midnight, New Year's Day. There is a perfectionistic streak in setting resolutions that insists we start on the first day of the New Year, and not deviate. Ever! Since studies show that 75% to 95% of most New Year's Resolutions don't make it past the first week, maybe a new perspective is in order.

Instead of resolutions, what if you took the whole month of January to calmly, quietly consider what you want your 2022 to look like?

Dr. Sara Lomax-Reese writes in the December 2021 issue of Mindful Magazine that we all have an invitation to be our "biggest and best self, because that's what the world needs. So take care of yourself and cultivate that inner fire, and encourage that inner compassion." Although she's not speaking specifically of the New Year, resolutions or goals, January is an opportune time to consider how to be your best self, to cultivate the inner fire and the inner compassion for self and others.

If you're great at setting resolutions, go for it! But for the rest of us, let's consider using the month of January to gently begin the process and practice of being your best self at home, work, school, and play. Take the pressure of perfection off your to-do list this New Year's Day. Give yourself time and space to practice your self-care, self-understanding and self-compassion. This will very likely transfer to greater understanding and compassion for others – making 2022 a very good year!

To speak with a EAP counselor, please call (402) 398-5566 or (888) 847-4975.