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No matter what your New Year's Resolutions are; eating healthier, moving more, saving money, finding inner peace, it is important to make sure you are mentally prepared for any type of behavior change. Planning is the key when striving to reach new goals. So instead of simply stating your resolutions this year, set yourself up for success! Choose realistic goals, plan out the small steps to reach them, anticipate roadblocks and possible solutions and try it! Here are some tips and ideas to help you and your family start a healthy new year.



THIS YEAR, I WILL...

Mindfulness & Exercise

When thinking about making healthy resolutions for the upcoming New Year often time diet and exercise come to mind. "I'll eat more fruits and vegetables" or "I'll work out 5 times a week" Which are important and noble goals, but why are some people able to stick to a routine especially an exercise routine when others lose steam within weeks or days? The answer is *satisfaction*. When people feel satisfied or happy with themselves after engaging in a behavior, chances are they will repeat it (Reynolds, 2015). For some of us the word 'dread' comes to mind when thinking about heading to the gym or popping in a workout DVD, the good news is you can focus

your way to satisfaction, it's called mindfulness. When we purposefully focus on our actions, thoughts, and surroundings we are being mindful. When combining this technique with physical activity you reach a higher level of satisfaction which in turn will make you want to be active more often (Reynolds, 2015). Being mindful in general takes practice, doing so while exercising is the same. You are focusing on being fully present in the moment as well as, how your muscles feel, your level of exhaustion, pace, hunger, pain (Reynolds, 2015). Here are 5 tips that you can use to set yourself up for exercise success!

*Habits develop in 21 days
Commit to thirty days,
3-4 weeks is all the
time you need to form
a habit automatic.*

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More “New Years—Resolution” Resources and Stats

Healthy Goals for the Whole Family

Just like their parents, teens may make resolutions to live healthier lives during the upcoming year. The American Academy of Pediatrics says teens should consider resolving to:

- Saving soda for a special treat
- Focusing on healthy foods, appropriate portion sizes and regular exercise.



- Limiting television and video game time to two hours per day at most, opting for non-violent shows and games.
- Volunteering in the community, and finding ways to help friends who are depressed, bullied or struggling.
- Finding healthy ways to deal with stress, such as by writing in a journal, talking with a loved one or getting exercise.
- Carefully considering potential dating partners, and always being respectful and kind.

App of the month

Habitica (Free), is an app that helps you to develop positive habits. By treating your real-life like a game, you are motivated by in-game rewards, punishments and a social networking aspect to help you build habits and inspire you to be more productive. Habitica can help you achieve your goals to become healthy, hard-working, and happy. The “game” aspect may be the perfect solution to help the young ones in your family develop good life habits.

Apple: <https://itunes.apple.com/us/app/habitica-stay-motivated-gamified/id994882113?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.habitrpg.android.habitica&hl=en>

Online: <https://habitica.com/static/front>



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Here are 5 tips that you can use to set yourself up for exercise success!

Feel your body: Are you one of those people who bear through a workout ignoring aches, pains and general objections from your body? This disconnect can set the stage for discouragement and possible injury (Brady, 2014). Before you begin your warm-up, make the healthiest choice for your body by noticing how you feel. Is there any pain or discomfort? Do you feel your energy level is high? Then you can make the best decision for your body, for example your level of intensity or type of exercises to perform or avoid.

State Your Intention: Before beginning think about your purpose for engaging in this behavior and setting a fitness goal to begin with (Brady, 2014). Are you doing this for your health? To avoid risk of disease? To feel more confident? Whatever your reason let that be your mantra for finishing your routine. Bring intention to your workout, acknowledge exactly what you want to achieve, 10 push-ups, 15 minute walk, 5 mile run no matter how big or small.

Use Correct Posture: This allows for your body to move as efficiently as possible for your fitness goals as well as avoid injury (Brady, 2014). It's best to learn about new exercises and make sure they can be performed correctly before trying them. Not feeling confident or risking an injury can hamper success.

Focus on Breathing: This is one of the vital steps to keep in mind when practicing mindfulness (Brady, 2014). Notice when you find a comfortable breathing rhythm, or when it changes with your pace, no matter how it varies use this as your base. When you get distracted, notice cramping, or feel fatigue, focus back to your breathing. This will help you stay in the moment.

End on a Positive: This is one time when it is OK to be selfish! Give yourself as much praise as you want for completing or even attempting to complete a work out. Take a moment to feel the pride that comes with accomplishing something you set your mind too. The more good feelings you can associate with exercise the more likely you will want to do it!

Sources:

Reynolds, G. (2015, February 18). To Jump-Start Your Exercise Routine, Be Mindful. *The New York Times*. Retrieved December 17, 2015, from http://well.blogs.nytimes.com/2015/02/18/how-mindfulness-can-jumpstart-your-exercise-routines/?_r=0

Brady, A. (2014). 6 Tips for a Mindful Exercise Routine. Retrieved December 17, 2015, from <http://www.chopra.com/ccl/6-tips-for-a-mindful-exercise-routine>



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30 DAY HAPPINESS CHALLENGE

1 <small>mind & body</small> Have an early night	2 <small>appreciating</small> Write down at least 3 good things about today	3 <small>relating</small> Phone a friend or loved one	4 <small>giving</small> Practice random acts of kindness*	5 <small>trying out</small> Try a new food or drink	6 <small>direction</small> Set a realistic goal	7 <small>resilience</small> Confide in someone
8 <small>acceptance</small> List 10 things you do well	9 <small>appreciating</small> Take a meaningful photo	10 <small>emotion</small> Do / plan something you love	11 <small>relating</small> Treat a friend or loved one	12 <small>giving</small> Help someone today	13 <small>resilience</small> Write down 10 things you're grateful for	14 <small>trying out</small> Do something different
15 <small>relating</small> Swap TV for family time	16 <small>direction</small> Share your goal with friends	17 <small>acceptance</small> 10 positive words about you	18 <small>emotion</small> Think and speak positively	19 <small>trying out</small> Visit a new place	20 <small>meaning</small> Offer your time	21 <small>appreciating</small> 10 minute chill out (e.g. Headspace app)
22 <small>resilience</small> Add some fun and laughter	23 <small>mind & body</small> Eat / drink healthily today	24 <small>giving</small> Contact someone in need	25 <small>acceptance</small> Ask a friend your strengths	26 <small>emotion</small> Make some "me" time	27 <small>direction</small> Take the 1st step to your goal	28 <small>relating</small> Chat/smile/wave to someone new
29 <small>mind & body</small> Walk 10,000 steps	30 <small>meaning</small> Do something charitable	+1 Choose 1 challenge to do often	<p>WELL DONE!</p> <p>*More details at fb.com/silverliningsproject.co.uk</p> <p>The 10 keywords are from actionforhappiness.org</p>			

Questions, comments, or feed-
back on the MHA Newsletter?
We appreciate your thoughts!

EMAIL OPTION:

If you'd like to receive
the MHA Newsletter electronically
in color as a PDF, please send
your full name and email to:
erin@sevenvalleyshealth.org

Addressee

Community Events & Support

LGBT & Ally Youth Support Group

Monthly group for youth held at Cortland Prevention Center, 73
Main Street. Contact 607-756-8970 for more information.

Parents & Change Support Group

This support group is for parents and caregivers of
children, teens and adults with mental health conditions.
Meetings are from 6:00pm to 7:30pm at 90 Central
Avenue in Cortland. For more info please contact
Becky Tripp at parentsandchange@yahoo.com

2016 Meetings:

Jan 11	Feb 8	Mar 14	Apr 11
May 9	Jun 13	Jul 11	Aug 8
Sep 12	Oct 10	Nov 14	Dec 12

Family Matters : Family Swim

Wednesday, January 13th, 2016 4:45 PM—6:45 PM
Cortland YWCA



Family Matters is a program for youth ages 9-14
and their parents or guardians.

Space is limited and registration is required!

Contact: Linda Barbin (607) 756-8970 x 256
or e-mail lbarbin@fcscortland.org

Survivors Of a Loved One's Suicide (SOLOS) Support Group



Come join us in a safe, comfortable environment to talk
about your lost loved one(s). Meetings are held the first
Thursday of every month from 5:30 pm - 7:00 pm.
For more info please contact Family Counseling Services
at 607-753-0234.



If you have an upcoming community event you would like considered for admission to
the MHA Newsletter, send your announcement to erin@sevenvalleyshealth.org

Disclaimer: The information presented here does not constitute professional medical advice. Individuals respond to treatment for
mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with
their doctor and other health professionals in order to achieve optimal control of symptoms.