

Happy New Year! Best Wishes for 2007

3 Essential Steps for Self-Acceptance

As you start a new year perhaps the best resolution would be one dealing with self-acceptance.

1. Smile at yourself in mirror three times every day. Just the act of smiling (and for triple the impact, laugh out loud!) shifts us into a more positive mood. Share those positive feelings with the person in the mirror.
2. Send yourself a THANK YOU card for something you did for yourself. When you do practice self-care, make a healthy choice or stop a negative thought in it's tracks, reinforce that behavior, help yourself feel good about it, and you'll keep doing it.
3. At the end of the day, write down something that you wished you'd done differently and then forgive yourself for it.

If you're not sure how to forgive yourself, imagine that your best friend was telling you about something they wish they'd done differently. What might you say to make them feel better? Write about how you could choose to do it differently next time.

So many people have "blind spots"; behaviors or personality traits that are having harmful effects that they don't even realize.

If you're aware of something that isn't how you want it to be, that's truly something to be glad about, because now you can move on and choose something different.

—LINDA DESSAU, 2006.

Take Back Your Time

When you take back your time you also take back your CHOICE. When we're feeling time pressured and stressed out it's easy to forget that we have any say in the matter. And we do!

1. Set and keep your boundaries - if you work for someone else, be clear about over-time and taking work home with you. If you work for yourself, establish the times of day that are no-work zones; good places to start are breaks for meals and deciding when you will start and stop work for the day.
2. Make one day a week "timeless" - rise and shine when you feel like it, eat when you're hungry and let your inner child (or your actual child!) plan your day's activities. Warning: This may conflict with the tip below.
3. Cut your t.v. time - try limiting it to one hour per day. Or try cutting it out completely for one week.
4. Buddy up and find someone to take back time with. Whether it's your spouse, best friend, family member or work colleague, if you're both committed you won't let each other bow out.
5. Take your holidays! Whether you're self-employed or work for someone else it's important to take time off to rejuvenate. You will be more productive for it in the long run.



Where do you need to take back time in your life? Where do you need to manage your time better? —GENUINECOACHING.COM.

"To be nobody but myself, in a world which is doing its best night and day to make me everybody else, means to fight the hardest battle which any human being can fight and never stop fighting." -e.e. CUMMINGS

"Live your daily life in a way that you never lose yourself. When you are carried away with your worries, fears, cravings, anger, and desire, you run away from yourself and you lose yourself. The practice is always to go back to oneself." -THICH NHAT HANH

What is seasonal affective disorder (SAD)?

SAD is a type of depression that affects you at the same time each year, usually in the fall or winter. But as the days lengthen in spring and summer, the depression lifts.



What are the symptoms?

Symptoms of SAD include irritability, sadness, anxiety, increased appetite and a craving for carbohydrate, weight gain, decreased activity and a need for more sleep, drowsiness during the daytime, and problems with work and relationships.

Symptoms begin and end around the same time each year for each person, usually starting in September or October and ending in April or May.

How is it treated?

Counseling, such as interpersonal therapy and cognitive-behavioral therapy, may help with your treatment for SAD. You may choose individual counseling, participate in group counseling, or seek family therapy. During counseling, you will learn about SAD, ways to handle the symptoms, and how to help prevent future depressive episodes. If developed ways of coping with your symptoms and may also benefit from counseling.

Light therapy is one treatment for SAD. Medications are also used. Antidepressants effectively treat episodes of depression in people with seasonal affective disorder. The most common antidepressants used to treat people with SAD include the following:

Selective serotonin reuptake inhibitors (SSRIs). Examples include bupropion (Wellbutrin or Zyban), citalopram (Celexa), fluoxetine (such as Prozac), paroxetine (Paxil), or sertraline (Zoloft).

Treatment for SAD doesn't cure the seasonal depression, but it can help relieve your symptoms.

A mental health professional can assess if SAD is the type of depression that affects you and recommend the appropriate treatments.

You are more likely to develop seasonal affective disorder if you are a female between the ages of 15 and 55. Between 60% and 90% of people with SAD are women, and those who have a relative with SAD are more likely to develop it. Older teens and young adults are also at risk for SAD. People living farther away from the equator develop SAD more often, but you can develop it no matter where you live. The risk of developing SAD for the first time decreases as you age.

HEALTHWISE

New Year Resolutions Don't be afraid of failure

You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down. - MARY PICKFORD

As painful as it can be ("Don't touch the stove. It's hot!"), failure is amazingly fast as a teaching aid. In fact life could be described as a failure-rich learning environment.

-WHITWORTH, KIMSEY-HOUSE & SANDAHL

Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those poor spirits who neither enjoy nor suffer much because they live in the gray twilight that knows neither victory nor defeat.

-THEODORE ROOSEVELT

Many of life's failures are people who did not realize how close they were to success when they gave up.

-THOMAS A. EDISON

A minute's success pays the failure of years. -ROBERT BROWNING

Would you like me to give you a formula for success? It's quite simple, really. Double your rate of failure. You are thinking of failure as the enemy of success. But it isn't as all. You can be discouraged by failure - or you can learn from it. So go ahead and make mistakes. Make all you can. Because, remember that's where you will find success. - THOMAS J. WATSON

The woods would be very silent if no birds sang except the best.

-YIDDISH PROVERB