

Don't Give Up on Your Goal



Is motivation for your new year's goal starting to wane? Tried and true ways of getting back on track to achieving a goal that is falling by the wayside exist. 1) Spend an hour or so recalling and refreshing the benefits of your goal. Find images, articles, and videos that make an impact and allow you to feel the renewed motivation. 2) Discover all the "whys" that make it worthy to achieve your goal. 3) Divide your goal into stages. Then divide

the stages into steps and the steps into pieces. This increases "do-ability." 4) Identify roadblocks that are interfering with your goal and reduce or manage their interference. For example, are you watching too much TV that fuels procrastination? Then cut back on your TV time. 5) Seek out radical accountability. For example, don't just tell one friend your goal to have him or her hold you accountable. Instead, mail a letter stating your goal to 25 friends! 6) Preplan a lot of rewards for achieving "mini-wins" along the way to meeting your goal.

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Language That Empowers Workplace Diversity

Welcoming diversity includes adopting language that empowers workers and reduces stigmas. Do the terms "wheelchair bound," "stuck in a wheelchair," or "confined to a wheelchair" sound familiar? Replace this language with "uses a wheel chair" or "wheelchair user." This simple modification of phrasing helps overcome the stigmatizing language of yesteryear. 2021 marks 30 years since regulations for the Americans with Disabilities Act (ADA) were issued. Celebrate the anniversary with a commitment to a positive, diverse, and welcoming workplace with this simple language tweak.

Source: <https://www.newmobility.com/>

Men—It's Okay to Talk about Your Feelings

Not all men shy away from talking about their feelings, but it's still a common male trait. It stems from the modern culture, learned behavior, and the subtle message that is not okay to show vulnerability, dependency, or weakness. Did you know, however, that Navy Seals are trained in emotional resilience to not deny feelings and emotions, but to instead pay attention and respond appropriately to them? For both men *and women*, the ability to express feelings is often a gateway to the next step: reaching out for help with problems like depression, which can be a risk factor for suicide (two-thirds of which are committed by men).

Resource: <https://sofrep.com/> [search "4 steps to emotional resilience"]

Getting Out of a Couples Rut

You would not overlook changing the oil in a new car—preventive maintenance. But what about your love relationship? Do you practice preventive maintenance with it? Many couple therapists say one of the biggest mistakes couples make is not giving as much attention to *the relationship* as they do their partner. There is a difference. Bliss will only take a relationship so far. A car without proper care will sputter and eventually break down. The normal ups and downs of a healthy relationship can also become mostly sputters without due care. “Warning lights” of relationship trouble are fighting more often, feeling bored, and losing interest in showing intimacy and affection. To practice preventive maintenance in your relationship, invest in it by practicing behaviors and engaging in activities that produce the following:

1. more positive thoughts about each other,
2. more frequent feelings of confidence that “this is the right partner for me,”
3. a desire to behave more affectionately toward each other,
4. feelings of satisfaction following sharing projects, activities, and challenges with each other, and
5. general feelings of happiness and life satisfaction about your relationship when you are alone or sharing time together.

New Resource: *The Couple’s Activity Book: 70 Interactive Games to Strengthen Your Relationship*; Sept. 2020; Rockridge Press