



# JANUARY 2024

## A MESSAGE FROM NEWTON CCW

It is tempting to want to make significant changes each January. Too often we set goals for ourselves and when we do not meet them, we have feelings of failure that can trigger stress and anxiety and take a toll on our mental health. Setting New Year's resolutions can be a positive way to focus on self-improvement but is important to approach them in a manner that promotes good mental health and well-being and maximizes our chances of sticking with them.

1. Pick a Goal that Motivates You
2. Break Down Your Big Goals into Smaller, More Manageable Goals
3. Focus on Progress, Not Perfection and Stay Positive
4. Lean on Others for Support and Motivation
5. Practice Self-Compassion
6. Don't Compare Yourself to Others
7. Know When to Ask for Help

Read more about developing healthy habits and find additional resources for substance use and mental health at [SAMHSA.org](https://www.samhsa.org).

[WWW.NEWTONMA.GOV/NEWTONCCW](http://WWW.NEWTONMA.GOV/NEWTONCCW)



Newton Coalition  
for Community Wellness  
Addressing Substance Use with Care,  
Compassion and Connection

