

Wellness

Wednesday



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The 4 New Year's Resolutions Therapists Make Every Year

Don't overcomplicate your 2024 goals. These simple and effective resolutions are all you need.

As the new year approaches, many people reflect on the past year and contemplate ways to improve their lives in the coming year. New Year's resolutions have long been a popular tradition, with individuals setting goals and intentions for personal growth and well-being. Therapists, who are experts in mental health and personal development, also embrace this tradition and make resolutions of their own. In this Wellness Wednesday, we will explore the four common resolutions that therapists make every year and provide guidance on how to reframe your goals for a successful and fulfilling year ahead.



Resolution 1: Prioritize Radical Self-Care

One of the top resolutions therapists make is to prioritize radical self-care. While regular self-care activities like manicures and massages are important, therapists emphasize the need for a deeper level of self-care. Radical self-care involves recognizing that self-care is non-negotiable and should be implemented at all times. It requires a proactive approach rather than a reactive response to burnout or exhaustion.

According to Natasha Williams, a clinical psychologist based in Toronto, radical self-care means filling your cup first so that you can be of service to others. This concept may vary from person to person, as everyone has different needs and preferences. It could involve activities such as journaling, exercising, reading a good book, or creating a clean and organized space. The key is to identify what brings you joy, fulfillment, and rejuvenation, and prioritize those activities in your daily life.

Resolution 2: Maintain Boundaries

Maintaining boundaries is another crucial resolution therapists make for their own well-being. Setting and maintaining boundaries is essential for protecting oneself emotionally, physically, financially, and mentally from external stressors. Boundaries act as a protective barrier, allowing individuals to create space and time for self-care without feeling guilty or overwhelmed.

Resolution 3: Focus on Getting More Sleep

Sleep is a fundamental aspect of our physical and mental health, yet it is often neglected in our fast-paced lives. Therapists recognize the importance of sleep and frequently make resolutions to improve their sleep hygiene. Justin Vafa William, a licensed clinical social worker based in Philadelphia, shares his commitment to adopting an earlier bedtime and aiming for a consistent eight hours of sleep.

Insufficient sleep not only affects our energy levels and cognitive functioning but also has long-term implications for our overall health. It is linked to an increased risk of heart disease, high blood pressure, stroke, and difficulty managing daily stressors. By prioritizing sleep and ensuring we get adequate rest, we can enhance our well-being and improve our ability to cope with life's challenges.

Resolution 4: Be Intentional About Phone Use

In today's digital age, excessive phone use has become a common concern impacting our mental well-being. Therapists are not immune to this issue and often make resolutions to be more intentional about their phone use. They aim to strike a balance between staying informed about the world while also maintaining healthy boundaries and avoiding overwhelm.



Being intentional about phone use involves consciously choosing what information we consume and being aware of how it affects our mental state. Milan Markovic, a licensed clinical social worker, suggests finding a balance that aligns with your personal values and mental well-being. This may involve limiting screen time, practicing digital detoxes, or curating a healthy online environment. By being mindful of our phone use, we can protect our mental health and foster a healthier relationship with technology.

Reframing Your Goals for Success

Now that we have explored the four resolutions therapists make, let's discuss some strategies for reframing your goals to increase the likelihood of success.

Setting Realistic Timelines

It is important to approach your goals from a realistic perspective. Instead of setting vague goals that lack direction, break them down into smaller, achievable milestones. For example, if your goal is to learn a new skill like knitting, recognize that it may take several months to become proficient. Set markers throughout the year, such as three months, six months, and twelve months, to track your progress. By setting specific timelines and milestones, you can stay motivated and celebrate your achievements along the way.

Being Specific and Clear

When formulating your goals, be specific and clear about what you want to accomplish. Vague goals like "be more crafty" can lack direction and make it challenging to measure progress. Instead, specify what you want to achieve, such as "learn to knit a scarf" or "complete three craft projects by the end of the year." Specificity provides clarity and gives you a clear target to work towards.

Celebrating Progress

While it is essential to strive for your end goal, it is equally important to celebrate the progress you make along the way. Often, individuals abandon their resolutions if they haven't achieved their desired outcome by the end of the year. However, therapists encourage celebrating the process and acknowledging the steps you have taken towards your goal. If you need to carry your goal into the following year, that is perfectly okay. Each small step is a victory in itself and contributes to your growth and well-being.

Recommitting to Your Goals

Remember, you don't have to wait for the new year to recommit to your goals. Any time is the right time to make a commitment to your mental health, physical well-being, and overall goals. Consider revisiting your resolutions on significant dates like your birthday, anniversary, or the start of a new season. By regularly reassessing and recommitting to your goals, you can stay on track and make adjustments as needed.

Final Thoughts

As you embark on a new year, take inspiration from therapists and make resolutions that prioritize your well-being, establish healthy boundaries, improve your sleep habits, and promote intentional phone use. Remember to set realistic timelines, be specific about your goals, celebrate your progress, and recommit to your resolutions throughout the year. By adopting these strategies, you can cultivate personal growth, enhance your well-being, and make 2024 a year of positive change.



BREAKFAST CASSEROLE WITH SPINACH AND SAUSAGE



INGREDIENTS

Equipment

- 9 x 13 casserole dish

Ingredients

- 12 ounces turkey breakfast sausage
- 1 5-ounce package fresh baby spinach
- 12 large eggs
- 1 ½ cups whole or reduced fat milk
- 2 cups shredded part-skim mozzarella cheese
- ¼ cup freshly grated parmesan cheese
- 1 teaspoon kosher salt
- Freshly ground black pepper, to taste
- ¼ cup sun dried tomatoes in oil, drained and finely chopped

BREAKFAST CASSEROLE

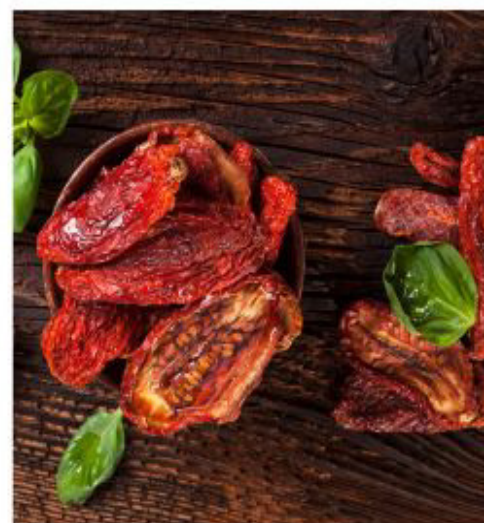
Breakfast casseroles are an excellent choice when it comes to feeding a crowd. They are versatile, easy to prepare in advance, and can be customized to suit a variety of tastes. This cheesy Breakfast Casserole with Spinach and Sausage is no exception. It combines the rich flavors of turkey sausage, vibrant spinach, two types of cheese, and savory sun-dried tomatoes to create a breakfast dish that is both satisfying and nutritious. With 22 grams of protein per serving, this casserole will keep you feeling full and energized throughout the day.

THE DISTINCTION BETWEEN A FRITTATA AND A BREAKFAST CASSEROLE

While both frittatas and breakfast casseroles are delicious egg-based dishes, there are some differences between the two. Frittatas are typically cooked on the stovetop in a cast-iron skillet and then finished in the oven. On the other hand, breakfast casseroles are baked entirely in the oven using a large baking dish. This easy breakfast casserole falls into the latter category, allowing for a simple and fuss-free cooking process.

Nutrition Information

Serving: 1 slice, Calories: 245 kcal, Carbohydrates: 5 g, Protein: 22 g, Fat: 15 g, Saturated Fat: 6 g, Cholesterol: 268 mg, Sodium: 616 mg, Fiber .5 g, Sugar: 2.5 g



INSTRUCTIONS



HOW TO MAKE IT

1. Preheat oven to 350 degrees F. Spray a 9" x 13" casserole dish with cooking spray and set aside.
2. Add the sausage to a medium skillet over medium-high heat. Cook, breaking up the sausage with a wooden spoon, until just cooked through. Use a slotted spoon to transfer the sausage to a small bowl.
3. Reduce heat to medium. Add the spinach to the skillet with the liquid and oil left behind from the sausage. Cook for 2-3 minutes until wilted. Remove with a slotted spoon, carefully squeezing excess liquid from the spinach by pressing with the wooden spoon over the sink. Alternatively, you can transfer the cooked spinach to a fine mesh sieve and drain, pressing lightly to remove excess moisture. Place spinach on a cutting board and roughly chop.
4. Meanwhile, in a medium bowl or large measuring cup, add the eggs. Whisk until uniform. Add the milk, 1 cup mozzarella, 2 tablespoons parmesan, salt and pepper. Whisk to combine.
5. In the prepared casserole dish, layer the sausage, cooked spinach, and sundried tomatoes. Pour the egg mixture over the top then top with remaining 1 cup mozzarella and 2 tablespoons parmesan.
6. Transfer to oven and bake for 35 minutes, rotating halfway through (if desired), to allow for even browning. Slice into 10 pieces and serve.

FREEZING

To freeze the casserole, cut it into individual squares and place them in a zip-locked bag or freezer-safe container. The frozen squares can be stored for up to three months. When you're in need of a quick and satisfying breakfast, simply thaw a square overnight in the refrigerator and reheat it in the oven at 350 degrees F until heated through.

FEATURED EXERCISE

https://www.self.com/gallery/relaxing-exercises?utm_campaign=likeshopme&client_service_id=31203&utm_brand=self&service_user_id=1.78e+16&utm_content=instagram-bio-link&utm_source=instagram&utm_medium=social&client_service_name=self+magazine&utm_social-type=owned&supported_service_name=instagram_publishing

Featured Exercise ► Forward Fold



HOW TO DO IT:

1. Stand with your feet shoulder-width apart.
2. Straighten your legs out as much as you can without locking your knees and let your torso hang down.
3. Tuck your chin in toward your chest, relax your shoulders, and extend the crown of your head toward the floor to create a long spine.
4. Depending on your flexibility, your hands will touch the floor or dangle above floor level. You can hold onto each elbow with the opposite arm or let your arms hang separately.
5. You should feel a stretch in your back and hamstrings.
6. Hold for 30 to 60 seconds.

BENEFITS:

Forward folds offer physical benefits such as relieving back tension, stretching hamstrings, promoting healthy digestion, calming the nervous system, and reducing stress. They improve posture, flexibility, and overall well-being, especially for those with anxiety.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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Did You Know?

It's better to enjoy flaws than to expect perfection that doesn't exist

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