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Self-Evaluation



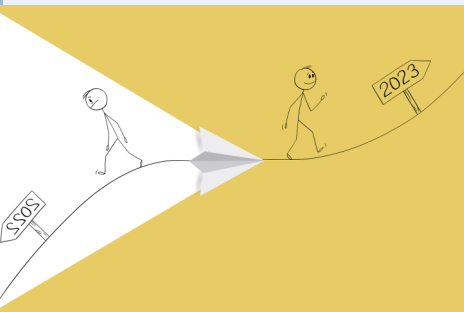
And Commitments for 2023

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Happy New Year! I hope everyone enjoyed the holiday season and now you are ready and eager to start 2023. The beginning of the year is a great opportunity to revisit the past year and assess to see what we excelled at and what we had more difficulty managing, as well as evaluate our priorities. This assessment goes beyond a new year resolution, it's more a commitment to a better, more functional, and joyful lifestyle.



Why should we do this? Well, it's an opportunity to reflect and reorganize our life as needed to live a well-balanced and meaningful life which will lead to more happiness. The tasks to accomplish this will vary from person to person, but there are certain areas to evaluate that have been proven to increase a sense of happiness when they are taken care of. Those include looking at our overall health and well-being including our body and mental health, examining our social and family life, our work/career, our spirituality/connectedness to nature, and our joyful activities (hobbies, sports, arts and crafts, hiking, hanging out with friends, eating yummy...). When we take time to reflect on those areas of our life, we can ask ourselves: are there ways in which I can improve? If there are, how can I make it happen? what are little steps I can take to work towards it? The smaller the step, the better because we are more likely to do them and stick to them long term. Remember big accomplishments are made of lots of tiny steps. When you do your 2022 evaluation keep that in mind and come up with manageable simple steps that can be incorporated into your lifestyle and that you can commit to doing consistently. We always could learn from our past and do better in the present and future. Whatever steps you take to make 2023 an awesome year, I commend you for your courage in looking back and making positive changes to better your life. I wish you the best of success, health, love, and joy this 2023.

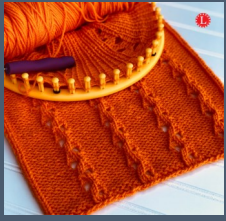
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Marilyn Mejia-Peña, LCSW

DO YOU HAVE ANY HOBBIES?

January is national hobby month and it's the perfect opportunity to reconnect with the things that bring you joy. What is a hobby exactly? A hobby is defined as an activity done regularly in one's leisure time for pleasure. Let that definition linger for a bit... What are some of the things you do that bring you pleasure or a sense of joy? Are you engaging in those regularly? If not, why not, what's stopping you from it? If you are asking yourself why those questions matter, the answer is that when we engage in things that bring us joy, we tend to be happier. Having a hobby helps manage stress, helps us increase interaction with others, and helps our mental health. Thus, use this month to explore different activities or reconnect with the activities/hobbies that bring you joy. I love creating and making things and can say that it puts me in a mindful state where I disconnect from everything else and can just focus on what I'm working on. Some of those have included gardening, scrapbooking, making new recipes, admiring nature, loom knitting, fermenting, raising butterflies, checking out new restaurants and foods (my favorite, though not the healthiest :)), and my new one, making shampoo bars. As you can see, I don't have just one, I usually do one at a time for a while and then discover something new to learn about. The message here is that there is not one thing that you must be an expert at, but the opposite. It's something that challenges your mind as you are learning something new, creating, engaging with others, or discovering, it's a little adventure that you take yourself on. In addition, you may meet or interact with others that are interested in the same thing or get the opportunity to teach someone else how to do it, increasing a sense of joy and accomplishment. I hope you find something you get lost in, which eventually becomes a hobby you can add to your list of pleasurable activities.



Happy creating!

SELF-CARE MATTERS

Here's a tool to assist in your 2022/2023 self-evaluation.

Hopefully it will help identify where more nurturing is needed.

Remember that we have to add self-care to our routine to maintain overall health and wellness.

Self-Care Assessment

1	2	3	★	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spiritual Self-Care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pray
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meditate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend time in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Act in accordance with my morals and values
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in a cause that is important to me
1	2	3	★	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Professional Self-Care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take breaks during work
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Improve my professional skills
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall professional self-care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Advocate for fair pay, benefits, and other needs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take on projects that are interesting or rewarding

UPCOMING EVENTS

In-Person Workshops

How to Utilize Vision Boards as a Clinical Tool

Saturday, January 14th 10 a.m.-12 :00 p.m.

Vision Board Goal Setting for 2023

Saturday, January 21st 10 a.m.-11:30 a.m.

Location: 17777 Center Court Dr., Suite 600
Cerritos, CA 90703

***Pre-registration required**

Please sign up at www.resiliencesocialwork.com

I am available to provide trauma-informed consultation services with a bi-cultural perspective to collaborate on organizations with program design, staff development and support. I also conduct in-service trainings customized to your organization's needs which may include topics on domestic violence, clinical skill building, child welfare, and staff wellness/ burnout prevention. Please contact me for more info.