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Hi everyone,

It might be a bit late on to say but... Happy New Year!

For any new candidates, my name is Doug and I'm the First Aid for Mental Health here at SDConsultancy. As part of our commitment to taking a proactive approach to promoting positive mental wellbeing, each month we circulate a Wellbeing Check-In email that seeks to share some topical advice and self-care strategies.

With the start of a new year, comes new challenges. So, while we want to hit the ground running in January, it's important we make time to look after ourselves and check-in with our wellbeing. If you feel that some additional guidance or support would be beneficial, please don't hesitate to get in touch with myself or your assessor, and we can arrange an introductory chat.

### *New Year's Resolutions*

Many of you, myself included, may have started the year by setting some resolutions. When setting out our new year's resolutions, we tend to focus on setting goals or targets for the year ahead... "*I want to get fitter*", "*no more takeaways*" or my personal go to: "*spend less time on my phone*". While goals and targets can be really useful for giving us direction and something to aim for, how many of us have successfully achieved our resolution by the end of the year?

If you are someone who can stick to a goal-driven resolution, then keep going! But, if you're like me and struggle to stay on track, or perhaps you would like to try something new for 2022, then let me introduce you to a **values-driven** approach.

Instead of focusing on what we specifically want to achieve, values focus on identifying HOW you would like to live your life. It's a subtle change, that can make a big difference. Consider values like a compass that keeps us heading in the direction we want to go. Instead of a goal to "*get fitter*", we might instead choose '*consistency*' as a value we want to live by. For example, consistency could mean choosing to regular take part in exercise rather than focus on the end goal of being fit. So, in my case instead of setting the goal to "*spend less time on my phone*", this year I have identified being '*present*' as one of my key values. So why not have a think, what are some values you would like to follow this year?

(... here's a short video that might help explain the difference between values and goals in

a bit more detail: <https://www.youtube.com/watch?v=T-lRbuy4XtA>)

If you have any questions, please get in touch!

Take care,

Doug Crawford

First Aid for Mental Health and Wellbeing Coordinator

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