

NEW YEAR'S RESOLUTIONS AND THE NEW YOU

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Happy New Year everyone!

As the year comes to an end and we usher the New Year, it is customary for us to have our new year resolutions. We make promises to change for the better- a leaner, thinner and sexier body; save more, lesser shopping; exercise more, etc.

Unfortunately, we often miss out one thing, and that is our state of mental health. Remember, physical and mental health should go together. We need to make resolutions about it, too.

But how can we do that?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Therefore, it is important to resolve one's mental well-being. One can ask him/herself the following:

Are you able to cope with the stresses brought by your daily life?

Have you realized your maximum potentials in terms of your capabilities?

With all the strengths you have, have you made a difference by contributing or giving back something to the community?

If you answered no, then these could be a good way to resolve our mental being.



Have you been stressed out lately? Do you easily snap? Do you get irritable even with the slightest provocation? If yes, then it is about time to find ways in addressing this.

There are a lot of ways to lessen one's mental stress. For one, you have to choose your battles. Do not sweat the small stuff. Worrying about everything does not change the situation. Worry does not empty tomorrow of its sorrow, it empties today of its strength. So why deprive yourself of the goodness of today? Savor each moment, for this will never pass your way again. Then let tomorrow take care of itself.

Two, remember that stressed is desserts spelled backwards. Think about this: If a book is over 150 pages, it must have something about it to hold. Simply, try to look for the goodness in everything. Even storms have something good to promise.

Three, remember that you are what you think. So, it's up to you to unlock your potentials. If you are not challenged to be a better person, nothing will happen.

Think not about your frustrations, but about your unfulfilled potential. Turn every obstacles and stumbling blocks in life to positive. Do not be deterred by setbacks. Move forward and chase that dream. Unleash your potentials.

Fourth, have you made a difference with your existence? Have you contributed something back to your community? As one pastor/priest in his Sunday homily nicely put it, "we have two hands, one for helping others and the other one for helping yourself: 'What is all its worth if you have not shared these with others? Even the simplest smile can make a difference to others. Of course nothing beats contributing something for the betterment of society."

So, it's a simple way of resolving our mental state. It's not too late. Include this in your New Year's resolution and you will see what a difference it can make to you and the people around you.