



Sparkle & Shine

MENTAL HEALTH MATTERS

A MONTHLY NEWSLETTER FROM ATLANTIC BEHAVIORAL HEALTH

MENTAL HEALTH AWARENESS | January 2023

Make This New Year Sparkle and Shine With Good Mental Health

Let's set the new year up right and bright! Clear out the cobwebs, throw out the stale cookies! It's time to start fresh. Let's get ready to shine up our mental health for 2023.

Things can get cluttered after the holidays. Wrapping paper that's lingering around, leftovers in the fridge with questionable expiration dates, and general disarray from too much company.

Our mental health can get cluttered and messy as well. This can lead to poor sleep, foggy thinking and low moods.



It's time to clean out the mental health house and set yourself up for a sparkling new year. With just a few small steps, you can get going on this new path.

Let's start with losing the New Year's Resolutions!

Studies show that 80% of resolutions lead to disappointment by February!

Instead of resolutions try setting New Intentions. Let go of "Self-Improvement" and embrace "Self-Encouragement"

- Self-improvement can lead us up to feel bad about who we are and usually is a short-term motivator.
- A better strategy is to offer yourself encouragement and a vision of the life you want to aim towards instead of the one you are running away from.

New Year's Mental Health Sparkle Strategy

Here Are Some Ideas for Setting Intentions to Improve Your Mental Health:

1. **See something new right in front of you.** You don't have to go someplace new to see the things around you with new eyes that can wake up your senses, creativity, and joy. *"My intention is to see my life with new eyes and new inspiration."*
2. **Learn something new.** Try a new recipe, read something on a topic you would not ordinarily read. Talk to someone new. *"My intention is to learn something new each day."*
3. **Make a different choice.** When you are faced with a decision, ask yourself "What do I usually do?" and then "Do something different" – you might go back to the old way, but you will wake up your neuropathways and create more mental space. *"My intention is to make a different choice to break free of old habits."*
4. **Kick it up a notch.** Walk, stretch, DANCE *"My intention is to give my body the gift of movement."*
5. **Lose one thing.** Let go of one habit, food choice, behavior. Trying to change everything at once is overwhelming. Letting go of one thing sets you up for success. This helps practice behavior changes in small ways. *"My intention is to release one thing today."*

Here Are Some Other Examples of Intentions That Might Spark Your Own

I INTEND TO...

...wake up with a positive attitude
...be loving and kind to my co-workers
...prioritize my peace of mind
...do something fun today
...meditate today

...embrace activities outside my comfort zone
...make exercise a priority
...forgive others, and myself
...keep a promise to myself today
...accept help

Did you know that your thinking has a very powerful impact on your mental health? Negative thinking habits are called Cognitive Distortions. We all have them, and we can all learn to change them. This will help sparkle up your mental health. Here is how to start:

1. Learn the basic Cognitive Distortions. Here are a few to get started:

- All or nothing thinking
- Magical thinking
- Overgeneralizing
- Catastrophizing

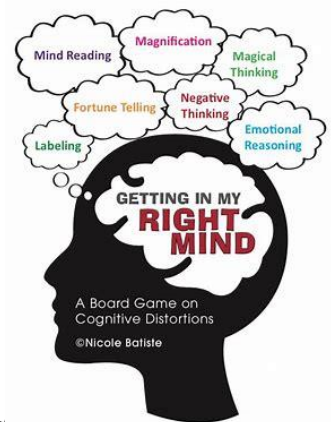
2. Learn to notice when you are using a cognitive distortion. "I never win...."

"Oh wow! There goes one now! Here are some more to look out for:

- *"I have the worst luck in the entire world."*
- *"I just blew that presentation. I'm no good at this and might as well quit."*
- *"She's late. It's raining. She has hydroplaned, and her car is upside down in a ditch."*

3. When you hear it in your head – write it down and challenge it. Look for a more reasonable way to think about it.

Cognitive Distortions are not true and need to be put in their place so you can think more clearly and yes, Sparkle and Shine. **Give it a try and watch your mental health sparkle up the new year!**



Self-Care Wheel

Set your intentions on all the areas of your life for the best mental health. We are not one-dimensional beings. To really feel your best, you need to shine a light on all the wonderful parts that make you who you are. That means paying attention to your physical health, financial wellbeing, creative needs, social connections. Use this self-care wheel to guide you as you decide where to focus your light.



Mental Health Sparkle and Shine Affirmations for the New Year

- I refrain from making self-deprecating comments or jokes about myself and only say kind and loving things to myself even when I make a mistake or mess up. I do not say things to harm myself.
- I seek first my own approval and know that it does not come from others.
- I surround myself with people who are supportive, encouraging and want the best for me.
- I acknowledge my strengths and accomplishments and celebrate even the small wins of the day.

Use SMART Goals for a Sparkling New Year Mental Health

When setting your new year's goals and intentions try making them SMART. Make them:

- Specific
- Measurable
- Achievable
- Relevant
- Time specific

New Year SMART Goal Template

| | S (Specific) | M (Measurable) | A (Attainable) | R (Relevant) | T (Time-bound) |
|--|-----------------|-------------------|-------------------|-----------------|-------------------|
| Personal Growth <small>(Emotional growth, weight loss, etc.)</small> | | | | | |
| Health <small>(Exercise goals)</small> | | | | | |
| Business Life <small>(Promotion at work, new job, freelance career)</small> | | | | | |
| Family and Friends <small>(Expand family, Meet new people, Spend more quality time with friends and family)</small> | | | | | |
| Travels <small>(Travel to South Africa, spend two weeks in Thailand)</small> | | | | | |

CRISIS RESOURCES

If you feel you or someone you know may harm themselves or someone else:

- **988 Suicide and Crisis Lifeline:** 988
- **The Trevor Lifeline for LGBTQIA+ Youth:** 1-866-488-7386
- **Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- **Veterans Crisis Line:** Dial 988 and Press 1
- **Dial 211:** 211 provides callers with information about and referrals to social services for every day needs and in times of crisis
- **SAMHSA Treatment Locator:** findtreatment.samhsa.gov

Atlantic Behavioral Health ACCESS Center:

888-247-1400

**Atlantic Behavioral Health Crisis Intervention Services
24/7 Hotlines:**

- Chilton Medical Center: 973-831-5078
- Hackettstown Medical Center: 908-454-5141
- Morristown Medical Center: 973-540-0100
- Overlook Medical Center: 908-522-3586
- Newton Medical Center: 973-383-0973



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