



## McFarland RADAR (Relevant Alcohol & Drug Awareness Resources) Coalition

AODA Prevention

Special Edition Newsletter

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# New Year. New You.

## New Years Resolution History

New Year's Resolutions likely started in the Spring time over 4000 years ago. In Mesopotamia, life revolved around agriculture. The beginning of the calendar, which starts in the March/April time frame when the crops started to grow. This symbolizes a new beginning and the new growing season was often paired with the Babylonian Akitu Festival. During this festival, citizens would make promises to the gods for the new year and also use it as a time to return borrowed tools, supplies and equipment.

Since many at the time lived in a more trade-based economy, it was a good time to reset. And it was said that those who kept their promises (New Year's Resolution) to the gods would be given good fortune.

Today, most people make New Year's resolutions for themselves, mostly centered around self-improvement. Which may often times be the reason as to why they are so hard to keep.

Currently the ten most popular resolutions are: lose weight, improve finances, exercise, get a new job, eat healthier, manage stress better, quit smoking, improve a relationship, stop procrastinating, set aside time for yourself



## Positive Reasons to Make a Resolution

- **Hope and Engagement:** Making New Year's resolutions is inherently hopeful and optimistic. You expect things can get better for you, for your work experience or for your community. This positive view of the future, in turn, tends to motivate action.
- **Responsibility:** Most New Year's resolutions have some impact on others. Even if they are about individual self-improvement, they affect families, friends, colleagues and communities. Your resolution to get healthy will keep you around longer for your family and friends. Your resolution to stop procrastinating will contribute to a positive team dynamic with your co-workers.
- **Inspiration:** When you seek to be better, do better or contribute more fully, you tend to inspire others as well. The primary way people learn is through experiencing the behavior of others. Even if they're not consciously aware of it, people pick up on choices and cues from others—constantly. When you focus on the future and focus on improvement, you necessarily inspire those around you.

# Why Most New Year's Resolutions Fail

Studies have found that only 9% of Americans that make New Year's Resolutions complete them entirely. In fact, research goes on to show that 23% of people quit their resolution by the end of the first week, and 43% quit by the end of January.

## Reasons for not completing resolutions:

- Giving Up too soon
  - One of the number one reasons why New Year's resolutions fail is because people give up too soon. So many people tend to try out difficult tasks for a short period of time and they stop after a few weeks. It becomes difficult to continue in the long term.
- Not being Committed on Resolution for the New Year
  - If you are not committed to achieving the goals in your New Year's Resolutions then it will be very hard to achieve it. Many people think they are committed to their goals. So they are highly motivated for a couple of weeks until their old habits set in.
- Wanting fast results
  - It is human nature to want to get the maximum benefits for the least amount of effort. This does not always work when it comes to achieving goals. Patience is the foundation of most good habits. It is not good to expect fast results too quickly.
- Doubt
  - Another reason why New Year's resolutions don't always work out is because of self-doubt and personal limitations. Doubt is defined as the feeling of uncertainty about something. It is usually a result of anticipation of danger because it is perceived that we are putting ourselves in a situation in which we can be vulnerable or susceptible to attack.
- Fear of Failure or success
  - The fear of failure is also known as atychiphobia. It is the perceived idea that you may be looked down on after a failure. The fear of failure is actually the fear of Shame. On the other hand, the fear of success is being afraid of achieving. We worry about the fact that we won't measure up to our own expectations or the expectations of others.
- Not Taking Action On Your Resolution
  - Taking action on the goals that you set is one of the ways to actually achieve it. Sounds simple or, like common sense right? Well, not many people realize that when you set a goal for yourself it doesn't just magically come into play. Manifestation is definitely a valued method, however even this requires some point of action or personal involvement.



# How to keep a New Year's Resolution

- Choose a Specific Goal: Every year, millions of adults resolve to "lose weight," "be more productive," or "get in shape" during the next year. Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on. In other words, choose a very specific, achievable goal.
- Limit Your Resolutions: While you might have a long list of potential New Year's resolutions, Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you pick just one and focus your energies on it rather than spreading yourself too thin among a number of different objectives
- Put Time into Planning: Don't wait until the last minute to choose your goal. Picking wisely and putting in extensive planning are essential parts of achieving any goal. Experts suggest that you brainstorm how you will tackle a major behavior change, including the steps you will take, why you want to do it, and ways you can keep yourself on track
- Start with Small Steps: Taking on too much too quickly is a common reason why so many New Year's resolutions fail. Starting an unsustainably restrictive diet, overdoing it at the gym, or radically altering your normal behavior are surefire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately help you reach your larger goal.
- Avoid Repeating Past Failures: If you do choose to reach for the same goals you've tried for in the past, spend some time evaluating your previous results. Which strategies were the most effective? Which were the least effective? What has prevented you from keeping your resolution in past years? Consider altering your resolution slightly to make it more feasible. By changing your approach, you will be more likely to see real results this year.
- Remember That Change Is a Process: Those unhealthy or undesired habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks, or months? Be patient with yourself. Understand that working toward your resolution is a process. Even if you make a misstep or two, you can restart and continue on your journey towards your goal.
- Learn and Adapt: If you are keeping a resolution journal, write down important information about when the relapse occurred, what might have triggered it, and what you might do differently next time. By understanding the challenges you face, you will be better prepared to deal with them in the future.
- Get Support: Yes, you've probably heard this advice a million times, but that is because the buddy system actually works. Having a solid support system can help you stay motivated and accountable



McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

**We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles**

**For more information go to: <https://www.radarmc.com/>**



For time, day and place of meetings, please contact Cathy Kalina at [CathyK@fsmad.org](mailto:CathyK@fsmad.org)

*The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.*

*We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.*

### **McFarland RADAR Mission Statement**

*“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”*

### **HOW CAN YOU HELP?**

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.