

# 躍動 LEAP

Your Wellness Is Our Business



SPRING 2019



## Headline

Are New Year resolutions easy to come up with but difficult to accomplish? In the beginning of last year, many of us set great plans to live healthily, develop exercise habits, volunteer and so on. However, it seems not many of them were actually achieved.

A study published by the American Journal of Clinical Psychology showed that over 45% of Americans regularly set New Year goals. The top 10 goals include: losing weight, living a more organized life, saving more money, enjoying life to the fullest, staying healthy and fit, learning an interesting new skill, quitting smoking, helping others achieve their dreams, and spending more time with family. The study indicated that on average, 8% of people succeed at their New Year resolutions with determination, 49% of people achieve them occasionally, and 24% fail year after year. If you want to fulfill your goals easily this New Year, try using these "LEAP" strategies to accomplish them!



## 1. Activation

• Say goodbye to your irresolute and weak-willed self! Take advantage of this fresh start, take your goals to heart and stop procrastinating.

## 2. Persistence

• If you focus on changing one single behavior rather than multiple at once, you are more likely to succeed. When setting goals, avoid being too broad and general. Instead, try to make them practical and measurable.

## 3. Intensity

• Maintaining motivation often requires encouragement and reminders from friends and family around you. Try sharing your New Year resolutions with those who are close to you and invite their accountability and encouragement. If you can walk alongside friends and family who have similar goals as you and support each other, you are much more likely to succeed.

## Chicken Soup for the Soul



One day, mother duck took her ducklings to the bridge to teach them how to jump into water. Without uttering a word, mother duck jumped straight into the river. Some of the ducklings saw mother duck jump into the water, and jumped in without hesitation. Others followed suit and jumped in after they saw that their companions were safe in the water. Finally, there were a few ducklings that were hesitant and treaded along the edge of the bridge. As mother duck and their companions were preparing to swim away, they became anxious. Ultimately, they plucked up their courage and safely jumped into the water, following their mother and companions ahead.

We believe that everyone has had similar experiences as the ducklings. There may be hesitation and anxiety when facing new challenges. However, the secret to leaping ahead is to courageously take a small step of faith can help you achieve greater possibilities and dreams.

## E File



Counselors are not magicians. They cannot miraculously take away the negative emotions of their clients.

Counselors are facilitators. They facilitate clients to reexamine their own needs. Of course, the first priority is to take care of the client's own emotions. At times, counselors are also motivators. After discussing the changes that the client can make, they continue to monitor their progress to prevent them from making the same mistakes in the future.

Putting things into action is the most essential part. Take the case of Amy as an example. She recently experienced a depression relapse, and went to see a counselor feeling discouraged. She could only maintain simple conversations with the counselor, because she no longer had the strength to repeat the pain and disappointments that she experienced at work. Not to mention having to do self-evaluations, and then setting a new direction to improve her emotional problems.

"Counselor, please don't ask me to make adjustments in the workplace. I really don't have the strength to go on, so just let me passively accept all of this misery!" Amy started tearing up. In response to this, the counselor did not offer any comforting but ineffective words of consolation. Instead, she remained silent and gave Amy time to organize her emotions.

After Amy calmed down, the counselor asked her, "When you are unhappy, have you ever tried giving yourself space, like you did just now, to allow stillness to enter your heart and calm you? Or tried to distract yourself with other hobbies and interests?" Amy shook her head.

The counselor encouraged Amy to pause regularly throughout the day to stop thinking and worrying about anything. She also introduced motivational videos to her for distraction purposes. Amy also needed to take responsibility over her mental health, and report her emotion index as well as the effectiveness of different methods at every session. This way, the counselor can slowly adjust her action plan once Amy's emotions become stabilized. This includes establishing "micro-habits," building diverse interests etc. Gradually, Amy found motivation through participating in different activities, which lowered the tension and anxiety she felt at work, and lessened the negative emotions she felt overall.

"Thank you so much for your continual understanding and support. You motivated me and gave me confidence to persevere," Amy said during her last session. The counselor replied, "Keep putting in the effort to maintain positive changes. You can do it!"

