



# NEWSLETTER



## New Year, New You — Without the Pressure

A new year often arrives with loud promises of transformation. While change can be motivating, real growth rarely happens overnight. “New year, new you” doesn’t have to mean becoming someone else—it can mean becoming more intentional, more compassionate, and more aligned with what truly matters. Instead of setting rigid resolutions, consider setting gentle intentions. Small, consistent steps—drinking more water, pausing before reacting, reaching out for support, or practicing self-kindness—create meaningful change over time. Progress is built through repetition, not perfection. The new year also offers a chance to release what no longer serves you: unhelpful self-talk, unrealistic expectations, or habits rooted in avoidance rather than care. Making space for rest, connection, and balance is just as important as striving forward. As the year unfolds, remember that growth includes setbacks, pauses, and learning moments. This year isn’t about pressure—it’s about possibility. Move forward at your own pace, with curiosity and compassion leading the way.



### Why New Year's Resolutions Often Fade Within 30 Days



Many New Year's resolutions lose momentum within the first month—not because people lack motivation, but because expectations are often unrealistic. Goals are frequently set too big, too fast, and without a clear plan for obstacles. When life resumes its normal pace, old habits return.

Another common reason is all-or-nothing thinking. Missing one workout or having one setback can feel like failure, leading people to give up entirely. Without flexibility and self-compassion, consistency becomes hard to maintain.

Last, resolutions are often driven by pressure rather than personal values. Sustainable change happens when goals are meaningful, manageable, and supported by small, repeatable actions. Progress isn't about perfection—it's about persistence over time.



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# Recognizing Mental Health Warning Signs

It isn't always easy to tell the difference between typical behavior changes and signs of a mental health condition. There is no single test that can provide a clear answer, but recognizing common warning signs can help guide next steps.

In adults and adolescents, signs may include ongoing sadness or anxiety, extreme mood changes, difficulty concentrating, withdrawal from others, changes in sleep or appetite, irritability, substance use, physical complaints without clear causes, or difficulty managing daily stress. More serious signs can include confusion, hallucinations, or thoughts of self-harm.

Mental health conditions can also appear in children, often through behavior changes such as declining school performance, excessive worry, hyperactivity, frequent nightmares, aggression, or intense tantrums. Learning about mental health is an important first step. Support is available through primary care providers, insurance plans, local mental health agencies, and organizations like National Alliance on Mental Illness. In moments of crisis, the 988 Suicide & Crisis Lifeline offers free, confidential support by call, text, or chat.

With the help of a mental health professional, individuals can receive an accurate diagnosis and develop a treatment plan that may include therapy, medication, education, and support. Recovery looks different for everyone, and care works best when it aligns with personal needs and goals.



**988**  
No Judgment. Just Help.

**Did You Know?**

- January is Mental Wellness Month
- January 1<sup>st</sup> is New Years Day
- January 19<sup>th</sup> is Martin Luther King Jr. Day
- January 13<sup>th</sup> @1pm CoDA Meetings @DMH 3<sup>rd</sup> FL
- January 27<sup>th</sup> Smoking Cessation Class @DMH 3<sup>rd</sup> FL

## Tips for Talking about Mental Health

### Consider Saying...

- Mental Health Condition
- The weather is unpredictable
- My daughter has schizophrenia
- Person with a mental health condition
- Lives with, has, or experiences



### Instead Of...

- Brain Disorder or Brain Disease
- The weather is bipolar
- My daughter is schizophrenic
- Consumer, client, or patient
- Suffers from, afflicted with or mentally ill



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