



TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 5

Moving Into a New Year! Bye 2020!

Lindsey Thomas, LMSW & Jennifer Myles, LPC

A new year often brings new resolutions, goals, and expectations! In this edition of To The Pointe Parenting Edition we are discussing managing stress when things do not go our way. It is so important when we look at setting up goals or resolutions that we keep in mind to set them up in a way that we can achieve them. When brainstorming ideas for goals it is important to keep in mind the following key points:

- ▶ Specific – Be to the point with what you are trying to achieve or change
- ▶ Measurable – How will you know that you are reaching your goal?
- ▶ Attainable – Do you have what you need to reach your goal?
- ▶ Realistic – Is your goal really doable? (Too easy or too hard.)
- ▶ Time sensitive – Set time periods to check in on progress.

Goals and resolutions need to be unique for each person, but families can support each other in the development process. It is important for parents to assist in supporting their children in making changes, which often means a very hands on approach. (Feel free to use the goal sheet on the back with your child.)

Questions?

Please call ... 269/966-1460 Youth Crisis Line ... 269/441-5945
24 hour Crisis ... 1/800-632-5449 Crisis Text Number ... 741741

Find us on 



It is likely that when we make changes in our life that our stress levels will increase as a direct connection to these attempts at something new. Let's look at some ways to manage an increase in stress:

- Recognize barriers – (prior to starting your new goal or resolution, look at what may stand in your way from being successful.)
- Review past successes (Tie in past successes to future endeavors. 2020 was tough!!! You made it through, how did you do that? What can you use in the year to come?)
- Have an accountability buddy (someone who you can share your new goal/resolution with that will help you stick to it!)
- Reframing negative thought processes (Ex: Thought "I can't do this!" Reframe "This is really difficult, and I will keep trying.")
- Take time for self-care (15 minutes of alone time, hot shower, relax, do something for yourself.)
- Talk to your therapist about your stressors. (It is important to have a non-bias party to help process difficult times/thoughts/events with.)
- **MOST IMPORTANTLY GIVE YOURSELF AND OTHERS GRACE.** You can always continue to grow from right where you are.



24-Hour Mental Health Care In Calhoun County

THE BEST YEAR

OUT WITH THE OLD (20__)  IN WITH THE NEW {20__ }

2 FAVORITE MEMORIES

3 THINGS I'M GRATEFUL FOR

1 HARD LESSON I LEARNED

1 THING I DID THIS YEAR I'M PROUD OF

3 PLACES I WANT TO GO

2 WAYS I CAN HELP OTHERS

1 THING I WANT TO GET BETTER AT

2 THINGS I AM LOOKING FORWARD TO

3 NEW THINGS I WANT TO TRY
