

# Healthy & Resilient You



**It's New Year's resolutions season.** As most of us can attest, setting goals for ourselves is usually not the tough part —it's following through. Try ringing in 2019 differently, with a new approach to self-awareness and a firmer grasp on tiny habits.

The first step is getting into a growth mindset, which allows us to see challenges as opportunities for improvement, not peril. This outlook will help us celebrate the victories, but go easy on ourselves when things don't go according to plan.

 *To unlock the full power of the growth mindset, take a look at this [Healthy and Resilient You](#) newsletter [HERE](#).*

Once the growth mindset has been activated, we can begin setting reasonable objectives.

## Get System-Oriented for Big Accomplishments

If goals are the destinations we want to someday reach, then the systems we put in place are the paths we take to get there. Those paths might be long or short, direct or winding, downhill or up, but we still have to walk them no matter what. There's even a strange kind of comfort in knowing that there are no shortcuts. Just keep walking and you'll eventually arrive.



If your **goal** is to learn how to play guitar...



Your **system** is practicing for ten minutes...



Before you **go to bed** each night.

The more we commit to the system instead of just the *end goal*, the more progress we can make. That's because a system is something we can put in practice every day. A *goal* is great for motivating us, but isn't often immediately attainable. On the other hand, a *system* gives us something we can accomplish on a daily basis. Taking a systematic approach can also:



### Reduce Unnecessary Stress

Reminding ourselves how close (or far) we are from the finish line can amount to a lot of pressure. We can ditch worries about the goal, and instead redirect that energy into sticking with our system.



### Pay Off in the Long Run

Self-improvement isn't a one-time deal, it's an ongoing process. Systems-thinking helps us maintain good habits even *after* we've hit our goal, and that adds up to lifelong growth.



### Help Keep Us in the Present

Anchoring our actions and attention in the here and now helps us avoid losing our focus to an uncertain future.

## Setting Up a System of Tiny Habits

In the past, we've outlined the remarkable power of developing tiny habits to generate big life changes. ([Click here for more about that.](#))

So, if one goal is to become more active, try taking a walk during your lunch break. If another is to call your mom every day, make your daily walk the anchor and call her at the same time. Then, after finishing your strolling call, give yourself an extra fun fist bump for killing two birds with one stone.

## The magic of tiny habits is that they:



**Reduce** big goals into simple activities you can easily perform.



**Anchor** those activities to something you do every day.



**Reward** you with more opportunities to celebrate after the completion of each activity.

If you'd like to set up some goal-reaching systems that will take your tiny habits to the next level, here are some simple tweaks you might try.

### Simplify, Simplify, Simplify

If you set up an activity that's too big, it's easy to feel overwhelmed. Try simplifying even more until you can nail it with ease.

### If This, Then That

The anchor to your tiny habit doesn't always have to be something mundane, like teeth brushing. You can start to phrase your tiny habits in "If...then..." statements like, "If I stretch after work, then I can watch *Game of Thrones* tonight."

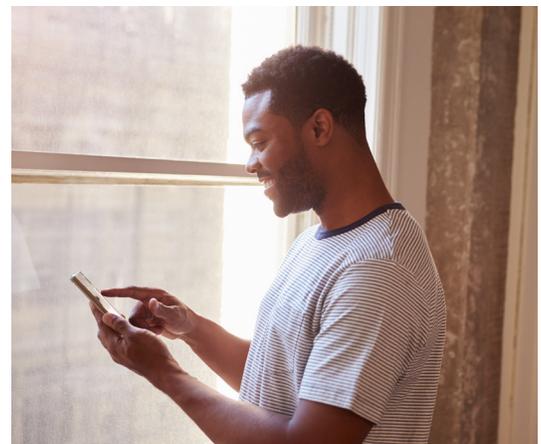
### Cut Down the Choices

Too many options can overwhelm and confuse us. If your goal is to do more cardio, choose one activity (like the elliptical) that you can do consistently, rather than brainstorming five different sports leagues to join.

### See It, Be It

Visualization is a very powerful tool for developing tiny habits. And, again, visualization is most effective when it's used to imagine the *system* in detail, rather than fantasize about the *goal* in the abstract.

As they say, *big things come in small packages*. Why not try picking up some tiny habits today? It can lead to big changes in your future.



Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™.

If you are a first-time user, type in your company name to access the site. [www.ConcernResilienceHub.com](http://www.ConcernResilienceHub.com)

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