



Our Monthly eNewsletter: January 2017

Welcome to this year's first e-Newsletter. There seems to be this unwritten rule in the world that after the first 1-2 weeks into the New Year we are not allowed to say, "Happy New Year" anymore. Well, "Happy New Year", from everyone here at the Center for Human Development. We hope you have a year filled with healthy change and healthy living. And don't forget to do our survey for a chance to win tickets to our annual marriage conference.

[Visit our Website](#)



The Real Answer to New Year's Resolutions by Lee Webster

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals" -Melody Beattie

Every year on New Year's Day there is a push to make New Year's Resolutions. As important as these decisions are in our personal lives, they are often made and within a week chalked up on the list of personal failures to plague us throughout the New Year. If your decisions have already gone by the wayside, all is not lost. There are some lessons that can be learned from Alcoholics Anonymous that can help change failure to success!

1. Set Goals:

Spell out your goals clearly. It often helps to write down your goals in specific terms with a specific time line. For example rather than 'exercise' write down 'week 1: walk for 30 minutes on Monday, Wednesday and Friday at 8AM'. You might consider putting additional behavioral goals or increments on a calendar and checking them off as you accomplish them. Give yourself a gold star for your accomplishments! Have a support system.

2. Get Support:

We all need encouragement and support from time to time. It is helpful to have one or two good friends who are truly supportive and not critical (your spouse may be one of these) that you can tell what you are doing and ask if you can contact them if you are tempted to break your resolution. When making this agreement be sure

to tell them that their job isn't to keep tabs on you (you're responsible to do that for yourself) but to be there for you when you request help and to celebrate your successes with you. In some instances you may want to seek out a support group such as over-eaters anonymous or gamblers anonymous. Keep a positive attitude, living one day at a time.

3. It Takes Time:

It is important to know that lifestyle and habit change take time and often practice. That is how we learn things, two steps forward, one step back, and start over again with perseverance. Some experts have told us that it takes approximately 3 weeks of conscious effort to change a simple habit so any rewarding lifestyle change will benefit from conscious reminders, not from criticism (from either others or ourselves).

Over the years I have worked with many people to quit smoking. Frequently a 2 pack-a-day smoker will return 3 days after their first session with me discouraged and feeling like a failure because they had given in to their habit and smoked two cigarettes the day before. Never mind the 118 they didn't smoke, they are upset with the two that they have! Guilt, in this instance, only increases the stress they feel and increases the likelihood of failure. Choose each moment of each day to maintain your focus on your goal. Recognize that you don't have to go it alone. Perhaps the most powerful of all lessons of Alcoholics Anonymous are included in the '12 steps' and specifically in the first 3 steps. Thousands have changed one of the most debilitating habits by relying on God; admitting helplessness to change by themselves, recognizing that there is a 'power greater than ourselves that can restore us to sanity', and finally turning it over to Him. Good luck in meeting your goal this coming year!

Upcoming Events

Tickets to Center for Family Development's Annual Marriage Conference are still available.

The conference will be on Saturday February 25, 2017 at Highland Community Church in Wausau, WI.

Featured presenters will be Dave and Ann Wilson.



Dave Wilson is the Chaplain for the Detroit Lions, Lead Pastor of Kensington Community Church, (a 6-campus church that welcomes more than 14,000 visitors every weekend) and Hall of Fame college quarterback.

Ann Wilson is a mother to three grown sons, a national speaker, and someone who knows how to balance home life and professional ministry. The Wilson's are known nationwide for their practical, humorous, and uplifting presentations; infusing relationships with the Word and wisdom of God for over 30 years. For more information and to register [CLICK HERE](#).

NO REGRETS – Men's Conference: February 4 @ 8:30 am - 4:00 pm

Calling all men! If you want to "Live Life on Purpose" than come to "No Regrets". This is a live simulcast event held at Highland Community Church.

Adult tickets: \$25 before Jan 29th; \$30 after

Youth under 18: \$15

Price includes lunch and event downloads

Highland Community Church is located at:
1005 N. 28th Avenue Wausau, WI 54401

[REGISTER ONLINE](#)

Questions: 715-203-1102

Online Survey

Do not forget to complete our survey and be automatically registered in a **drawing** to win two tickets for free admission to our annual marriage conference. Drawing on Feb. 6th, 2017



Counselor Spotlight

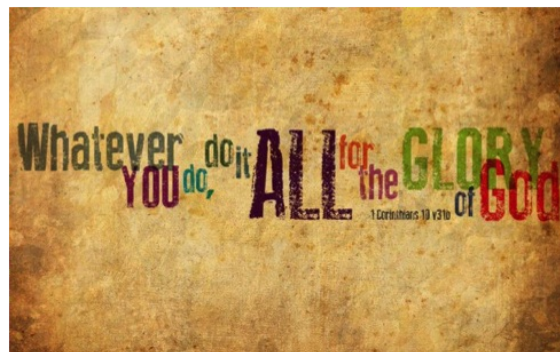
Erin Morgan is a licensed professional counselor at the Center with over 20 years of counseling experience. Erin says this about her work as a therapist, *“I enjoy working with individuals in a wide variety of areas including depression, anxiety, parenting, and communication skills. Of particular interest to me is supporting individuals who struggle with a hurtful or abusive past and helping them with the pain that can negatively impact the present”*.

She sees clients in our Wausau location. To learn more about Erin, or to set up an appointment [CLICK HERE](#).



Counselor's Corner

Please check out our most current blog titled “Whatever”, a biblical reflection on New Year’s resolutions. [CLICK HERE](#) to read the full blog. You can also read our past blogs to gain knowledge and practical tools on a variety of mental health topics. [CLICK HERE](#).



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