



GME Wellness Sub-Committee Newsbyte

'Quitter's Day'

New Year's is a time for new beginnings and new resolutions. While many of us start the New Year with the best of intentions, survey research by Strava has pinpointed that most individuals are likely to end their New Year's resolution on Jan. 19, which the surveyors have aptly named 'Quitter's Day.' The University of Scranton has also surveyed individuals for their New Year's goals and noted that just 8% of people are able to maintain their resolutions, while at least 80% fail. However morbid those statistics may be, most of the resolutions set are either too vague or too large to be completed.

Self-coach and psychologist Joseph Luciani, Ph.D. suggests altering the resolutions to be more attainable. Set attainable and specific goals, to think small, and build self-trust with small wins. Invent challenges in your day to keep you accountable, cultivate optimism for yourself and develop critical awareness.

Whatever your goal may be, don't give up! Remember you can always start fresh at any interval of time. Perhaps if everyone re-attempted their New Year's resolution the 1st of each month, more would make it past that two week mark. Yesterday has already passed, tomorrow is not yet here, the only time to attempt again is in this moment.

"I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison

Hopefully you'll get it before 10,000 months ... i.e., 833 years ... or even 10,000 days which would be 27 years!

Scott Garland, PharmD