

New Year Resolutions

Once again, Christmas is over, the tinsel and lights put away for another year.



Maybe, for you, it failed to reach its expectations of being bright and magical, whether or not you have any religious belief.

Maybe you were on your own, often Christmas with its siren message of happy family times can make loneliness more intense.

Maybe you did everything that you felt you should have, according to family tradition or media gurus but still you were discontented, the promised magic didn't appear, instead there was stress and argument and mounting visa payments. And now there's nothing but bleak and dismal days until spring, which seems months away.

So what to do, New Year, new start, new resolutions.

How do you make those resolutions, how much choice do you really have? Expectations and rules, from family, work, friends, and society in general...images on TV and in magazines about how you should live your life, if only you did this, had that, then you would be happy.

How easy is it for you to know what you really want to do, deep down inside, ...and then, how easy would that be to achieve if your family and friends think differently.

So how do you find time to realise what is right for you, to put your life on a real and solid footing for a contented 2016 and to be able to look forward without that dreadful feeling of impending doom? At times like this it may be useful to take time out to reflect and explore how you would like to live your life.

Counselling can help; it can be easy to lose sight of what is important to us, what will really make us fulfilled and at peace with ourselves. Often we tussle with these questions with people we know and that we feel safe with but sometimes it may be useful to talk to someone who is outside of your normal circle, someone with no expectations or requirements of you.

Talking can help situations become clearer, allowing you to distinguish what is important to you and so helping you to come to your own decisions. It isn't always possible to change every situation but our outlook can alter allowing us to accept and change what we can.



So, at the start of this New Year, why not ensure that your resolutions are the ones for you...not those others put on you. Solutions found by you are less likely to be broken by the end of January and are more likely to give you real contentment. Maybe the best New Year resolution is to discover what you really want for 2016

Riverside Wellbeing has practitioners with experience in this area who can help you discover and achieve your goals.