



## LIVING INTENTIONAL IN 2024!

By Elizabeth Bremner, LPC

It's that time of year again! Every January most of Americans are making New Year's Resolutions. Where we resolve to exercise more, lose weight, eat healthier, and so on. But are new year's resolutions worth all the hype? According to Fisher College of Business, only 9% of Americans follow through on their New Year's Resolution. Even worse, roughly 45% don't make it to the end of January. It begs the question, are new year's resolutions just setting us up to fail? Are we adding more stress to our lives by creating one?

Let's be honest, at the stroke of midnight we don't suddenly become a new person. Change takes time and habits need time to form. So how can you succeed and "become a new you" without a new year's resolution?

What if instead of a "New Year's Resolution" in 2024, you decide to make 2024 about LIVING WITH INTENTION!

Living with intention is different than making one drastic and instant change at the stroke of midnight. Living with intention is about making small, repeated decisions in our day-to-day life that lead to bigger decisions which leads to intentional change. It is about deciding what is important to you and taking small steps to get to your goal. Living with intention is about decreasing stress in our daily lives and teaching ourselves to be present.

If your "New Year's Resolution" was to wake up an hour earlier and exercise knowing full well you are not a morning person and waking up early is extremely difficult for you. Start with INTENTION - small, repeated decisions that lead a bigger goal. If waking up earlier to start your day moving your body is your goal. Start small! Set your alarm 5 minutes earlier. Maybe you get up and walk or stretch your body for 5 minutes. Gradually increase the time. Even if it's by 5-minute increments. Eventually, with intention you will have created a habit. You will be getting up with enough time to get a full workout in without feeling completely overwhelmed. Think of it like a marathon. You don't decide to run a marathon, wake up the next day, and run 26.2 miles. You start with small intentions. You start with one mile. Eventually and over time you're running longer distances until you hit your goal. This is what living with intention is all about!

Here are some tips to help you start living intentionally in 2024.

- 1) First and foremost, how you start your day often defines your day. Start with a morning intention!
- 2) Identify what your core beliefs and values are. Based on those, decide how you will use your time and energy each day.
- 3) Set boundaries! This means you may have to cut out things (or people) in your life that do not serve you.
- 4) Remember, living intentionally isn't always comfortable and calm. It's about not acting on impulse, thinking ahead, and making intentional choices about things that affect your life in a positive way.



## WINTER HOLIDAYS:

### January:

Celebration of Life

Month

National Soup Month

National Blood Donor

Month

International Creativity

Month

**January 1:** New Year's

Day

**January 3:** International

Mind-Body Wellness Day

**January 10:** Houseplant

Appreciation Day

**January 15:** Martin

Luther King Jr. Day and

National Bagel Day

**January 20:** National

Cheese Lovers Day

**January 24:** Compliment

Day





## MEET THE STAFF



**Katey Kollereb, LCSW**

*Q: When did you know you wanted to be a professional social worker?*

A: I started working as a counselor at a therapeutic school. I was feeling pretty lost with where I was going in my life since I changed majors at the end of my junior year. I fell in love with working with kids and teens and helping them through their challenges. I started grad school 6 months later!

*Q: What do you do for self care?*

A: I am pretty regimented with exercise including heavy weights, biking and yoga. I also make it a point to have quality time with my husband and friends. In the summer I like to be outside and in my garden.

*Q: What is your favorite coping skill?*

A: My favorite coping skill is positive affirmations I often say "I can do hard things" and "I am strong" on repeat especially when I'm having a rough time.

*Q: What is a fun fact about you?*

A: One fun fact about me is that I used to be a professional dance teacher and danced into adulthood!

*Q: What is your favorite movie and/or TV show?*

A: Sound of Music and Ted Lasso



**I AM STRONG  
I AM CAPABLE  
I AM RESILIENT**



## WINTER HOLIDAYS:

**February:**

Black History Month  
American Heart Month  
National Snack Food Month

**February 2:**

Groundhog Day

**February 4:** World

Cancer Day

**February 9:** National

Pizza Day

**February 14:**

Valentine's Day

**February 19:**

Presidents Day

**February 28:** Rare

Disease Day and National  
Pancake Day





WINTER  
HOLIDAYS:

March:

Women's History

Month

National Optimism

Month

March 2: National Read

Across America Day and

World Teen Mental

Wellness Day

March 3: World Wildlife

Day

March 8: International

Women's Day

March 10: Daylight

Savings

March 17: St. Patrick's

Day

March 25: Holi

March 29: Good Friday

March 31: Easter

2024 INTERN - ERIN LOWRY



Erin will be accepting new clients in January. She will be accepting BCBS PPO and Blue Choice PPO insurance and offering a self-pay rate of \$35.

She enjoys using a positive, mindful approach to therapy and likes to help her clients find peace in their lives. She will be offering in-person appointments on Tuesdays and Thursdays and virtual sessions throughout the week. She works with clients 8+ and is excited to begin helping people overcome the challenges in their lives.

COPING SKILLS CORNER

Silvia's Favorite Coping Skill

Reality testing is a crucial component of Cognitive Behavior Therapy (CBT) that focuses on evaluating the accuracy and validity of an individual's thoughts and beliefs.

Sometimes, instead of seeing a situation for what it really is, we interpret it based on our inner hopes and fears, which may not be grounded in reality. For example, if a friend hasn't replied to your message yet, that's probably because they're just busy and they

didn't see your message. However, if you fear that your friend is angry with you or something bad happened to them, you might have trouble differentiating between the outside world and your inner world.





## COMMUNITY CONNECTIONS



Donna Cole, LCSW, Owner of Cole Counseling, has been in practice for over 25 years. She works with all ages but specializes in those 65+. She specializes in anxiety, depression, women's issues, stress management, grief, relationship issues, adjustment to aging and adjustment to divorce.

Donna works a few rooms down from Obsidian Behavioral Health and offers in-person and virtual options. She is in network with all major medical plans (BCBS, Aetna, United Healthcare) and also accepts Medicare.

## REMINDERS AND UPDATES

Out of the office reminders:

- Danielle Slyder, LCPC, ATR is out of office 1/1, 1/15, 2/19 and 3/8.
- Lindsay Sher, LCPC is out of office 1/1.
- Elizabeth Bremner, LPC is out of office 1/1.
- Katey Kollereb, LCSW is out of office 3/25 through 3/29.

*Please speak to your therapist about your session needs during those times. Additional dates may be communicated to you by your therapist.*



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