



As we begin 2022, you might be thinking about New Year's resolutions for you and your family. While the intention is positive, it can be frustrating when those resolutions don't get accomplished. One thing to consider is that resolutions too large and vague are often forgotten due to lack of patience or motivation. So, what if this year, you and your family set a SMART goal around mental wellness?

What are SMART goals?

Specific: Make sure you are writing out the *who*, *what*, *how* and *when*.

Measurable: How will you know you've been successful? Can you track your progress?

Attainable: Break bigger goals up into smaller steps to ensure you can actually achieve them.

Relevant: It applies to something in your life that is important to you.

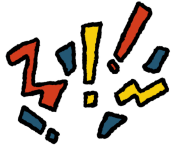
Timely: There's a specific deadline you are giving yourself to complete the goal.

When we define goals in a way that helps us achieve them, we:

- Learn healthy habits
- Build confidence
- Feel a sense of accomplishment
- Have an increased sense of responsibility

How to set a SMART goal for mental wellness

1) Choose your words carefully. It's common to hear the words "crazy," "insane" or "psycho" to describe someone. But did you know it can be harmful to say these words to



someone who may be living with a mental health disorder? It may even stop them from asking for help.

This year, you could set a goal to carefully choose the words you use by downloading the *On Our Sleeves* **Breaking Stigmas Pledge** (also available to **download in Spanish**). Your commitment can help break stigmas about mental illness. Here's an example of a SMART goal for improving communication around mental health:

Our family will download, review and sign the Breaking Stigmas pledge by January 15, 2022. We will have a monthly family meeting to review the pledge and discuss the past month and any support we need to fulfill the pledge.



2) Practice self-care. We hear this term often, yet what does it mean? Self-care is anything you do to take care of yourself so you can stay physically, mentally and emotionally well. Practicing self-care can lower stress, improve sleep and boost energy. Although the concept is simple, it can be challenging to incorporate into your everyday life, especially if you are already feeling overwhelmed. Start small when beginning new routines.

Examples of self-care include **taking a walk, trying yoga, going to bed on time, listening to music, heading to the beach, or even spending less time on social media.** It's especially helpful when self-care activities are tailored to your individual interests. Here's how you can create a SMART goal for self-care:

I will take a walk outside twice a week for at least 20 minutes. I will track this walk on my calendar throughout the year. To keep my motivation up for this activity, I will visit different parks, beaches or nature trails to change the scenery.



3) Grow gratitude. Gratitude is something we can practice and get benefits from all year long! Research shows people who intentionally think about the good things in their lives are healthier and happier.

One goal could be to start a **gratitude jar or journal** to draw or read from throughout the year. Here's how you can create a SMART goal around gratitude:

I will write down one thing I am grateful for three times per week. I will place it in my family's gratitude jar and we will share our responses at the end of 2022.



What will you and your family do to improve your mental wellness and break stigmas about mental health in the next year? **Share your SMART goals with us by using #OnOurSleevesJax and #OnOurSleeves on social media.**

Don't forget to share how you're using *On Our Sleeves* resources! Hit the reply button to tell us your *On Our Sleeves* story.

Sincerely,
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. For more information, visit [OnOurSleeves.org](https://www.onoursleeves.org).

To access educational resources and revisit the mission of *On Our Sleeves*, visit [wolfsonchildrens.com/onoursleeves](https://www.wolfsonchildrens.com/onoursleeves).

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