



# Diabetes Wellness Newsletter

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## BRING IN THE NEW YEAR WITH BETTER HEALTH THROUGH BETTER LIVING!

Welcome to our new Diabetes Wellness Center newsletter!

As our second year of grappling with the COVID-19 pandemic and its ramifications wrapped up, the Diabetes Wellness team decided that we wanted to launch a new way to share with the community our resources, tips and knowledge about diabetes wellness.



In this quarterly newsletter, you will find helpful ideas about preventing and maintaining your diabetes, as well as ways that you can help loved ones coping with diabetes.

In this inaugural newsletter, we will share our Top 10 New Year's Resolutions for 2022 (And How To Follow Through With Them).

Thank you for reading and be well!

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# TOP 10 NEW YEAR'S RESOLUTIONS FOR DIABETES WELLNESS (AND HOW TO FOLLOW THROUGH WITH THEM)

## 1) Mentally Prepare for Change

Changing ingrained habits is no easy task, so before diving head-first into New Year goals, it is important to take a step back and get ready for that impending change.

The first breakthrough in change is taking a personal inventory. Think about the following:

1. What did I set out to do in the past year?
2. Where did I make progress?
3. Where didn't I see progress?

Don't forget to savor the progress made, and find some small way to celebrate.

As you start thinking about the changes you want to implement, make sure to do the following:

- Stay positive
- Try not to make big/quick changes
- Change should be gradual
- Build on smaller changes
- Allow a little room for setbacks



## 2) Set a Goal that Motivates You

You would be surprised how often people set goals that are not for themselves, but for a spouse, their parents or their peers.

Make sure the goal you set is important to you and only you and that there is value or benefit for you in achieving the goal. This is also known as motivation!

Align the resolutions with the following:

- Your goals
- Your priorities
- Your dreams
- Your aspirations



Make certain to align the resolution around your top priorities. This will lead to a "must-do" attitude. If your goals are nutrition-centric, like adding more produce to your meal plan, creating a personal development plan- through a diary record log is a great way to stay motivated on the path toward your goal.

Other goal ideas may consist of physical performance, weight management, reduction in cardiac disease risk, Glycated hemoglobin A1c reduction, or blood glucose lowering.

## 3) Limit Resolutions to a Manageable Amount

Make a short list of resolutions that you can manage in the upcoming year. Knowing that short list of priorities is the hard part.

The key here is understanding how to prioritize and balance the attention and honestly devote to a resolution.

Final thought: It's better to tackle one resolution well than multiple resolutions poorly.



## 4) Be Specific with a SMART Goal

SMART goals are:

- Specific - Articulate the resolution as clearly as possible. For example, "quitting smoking" is more clear than "being healthy."
- Measurable - Quantify your resolution if possible, i.e. "I will lose 10% of my body weight."
- Attainable - Choose a goal within the realm of possibility. Making 100 friends this year would probably be hard, but making 10 new friends is doable.
- Relevant - Keep it relevant to your priorities and goals. See motivation section above!
- Time-sensitive - Give yourself a time-frame in which to achieve a goal. A deadline will instill some urgency and provide a time when you can celebrate your success.



## 5) Break Up Big Goals

A lot of us tend to be over eager and grandiose when it comes to resolutions.

It's helpful to divide a big goal into smaller goals that are more achievable.

Focus on the next step, not the big goal!



## 6) Write Down Your Goals

Writing down your resolutions helps you clarify what it is you want to achieve.

It forces you to make decisions and be precise with your words. Having a written account of your goals is a constant reminder to take action and are a reminder of how far you have come and what you have achieved.

It's a nice feeling to look at back at the end of next year and know your resolution has come to fruition. **It's a reason to celebrate.** Some ways you can document your resolutions for 2022: Write them in a journal, draft an email to yourself or store them in a Notes app.

## 7) Share Your Resolutions With Others

It's great to make a resolution for yourself and maybe even write it down, but if no one else knows about it, it's hard to stay accountable. When people decide to tell someone about their goal, they tend to feel a sense of obligation and accountability.

A Facebook post declaring your intentions to all your friends is doable, too. You can bet people will cheer you on and ask about your progress over the course of the year!

## 8) Automate Where Possible

The good news is you probably have technology in your pocket that can help you follow through on your resolution, in the form of reminder apps.

These free tools can help provide a constant reminder: **Google Calendar**: Set a recurring meeting tied to your resolution, i.e. scheduling workout sessions at the gym. **Reminders** (on a Smartphone): Set up timed alerts for tasks. **Boomerang for Gmail**: Schedule reminder emails to yourself. On top of these commonly used apps, there are also to-do list and task management apps that have the ability to schedule reminders and milestones, such as **Asana, Trello, Todoist** and others.

## 9) Review Your Resolution Regularly

A crucial part of realizing your goal is a regular review.

Here's one way to build in goal review into your routine.

- Schedule a monthly "big picture" review during the first week of each month. This will serve as a planning meeting where you distribute smaller tasks and goals to different weeks throughout the month.
- Do a weekly check-in to check progress on the monthly goal.
- Set a daily reminder for smaller resolution tasks.



It is those smaller incremental steps that lead to massive changes over the course of a single year.

## 10) If You Fall Off Track, Get Back on Quick

Rome was not built in a day.

We've established it will take time for your resolution to become a reality and we know change is difficult.

Setbacks can happen, but so long as they are handled correctly, they will not impact the big goal.

Once a setback is made, own it and move on to the next step.

**To reach Diabetes Wellness, contact 360-427-7332.**

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