

New Year blues

TASK TO CONSIDER AS YOU ARRIVE:

1. What is your New Year's resolution this year?
2. Have you managed to keep it so far?
3. What makes you happy?
4. Do you know what January 21st is called?



New Year blues

What resolutions do famous people make?

- Nick Jonas said he wanted to take more time off, see the world, and travel!
- In 2016 Meghan Markle said: "My New Year's resolution is to leave room for magic. To make my plans, and be okay if they sometimes break. To set my goals, but to be open to change."
- Kylie Jenner said her new years resolution was to stop spending money.
- Demi Lovato said her new years resolution was "'I will never take another day in life for granted, even the bad ones."

However, I don't want to focus on resolutions today because too often they make us feel like a failure! The statistics on how many people actually follow through and accomplish their New Year's resolutions are rather grim. Studies have shown that less than 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them. Don't be part of that statistic.

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Instead I want to focus on happiness.

We all need things to cheer us up at this time of year that last longer than a resolution. January and February seem to go on forever, and at some point, many of us will get the New Year Blues. According to some people the 21st of January has been scientifically proven to be the gloomiest day of the year. Others say that the Monday of the last week in January is the gloomiest day, and they call it Blue Monday. But what is it about this time of year that gets us down? What makes January and February so difficult to get through?



- Insert video here please:
- <https://www.truetube.co.uk/film/doom-and-gloom-new-year>

New Year blues

- Christmas is over, the holidays are over, you're back to school with loads of work to do, you've eaten too much and feel a little tired and unhealthy, you've spent all your money, it's dark in the morning when you come to school, it's dark in the evening when you go home, and the weather is cold and horrible.
- So what would make you happier? Money? More new stuff?
- It's traditional for shops and businesses to have New Year sales to clear out their Christmas stock and also because people tend to buy stuff at this time of year thinking it will cheer them up.
- But there's an old saying, "Money can't buy you happiness," and all the scientific research seems to prove this to be true. Money does not make people happy in the long term. Nor does shopping. Nor does having the latest phone, game or clothes. People experience a short buzz of pleasure and then go back to being just as happy, or just as *unhappy*, as they were before they had the new possession. In fact, surveys show that the happiest people can often be found in the poorest countries with the least 'stuff'.

So what does make people happy?

Here are *Top Ten Tips for Happiness*, suggested by Forbes magazine (business magazine). In the article it argued they are scientifically proven to work!

I would encourage you to worry less about resolutions and more about how to maintain positive wellbeing and happiness. People who can do this, generally can achieve a lot more anyway.

Top tips for happiness:

1) Socialise!

Make time to talk to your friends and family. Properly. Face to face. Not just online or on the phone.



2) Don't bottle up your problems.

Talk things over with someone you trust and always ask for help when you need it.

Top tips for happiness:

3) Get some exercise!

Go outside and play some sport, or just go for a walk. When you exercise, your body produces chemicals called endorphins that give you a natural high and make you feel better about yourself.



4) Learn a new skill.

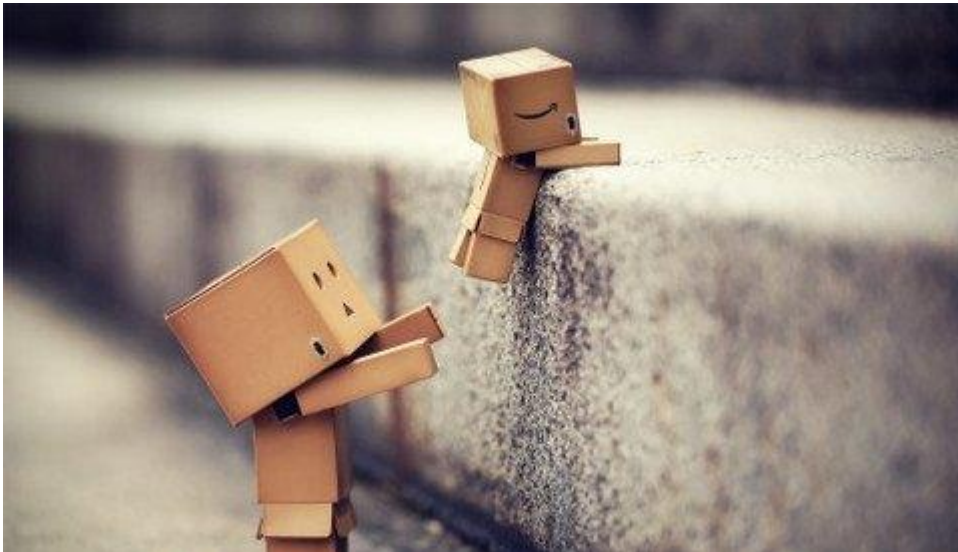
It can be anything you like. Learn how to play the ukulele, how to juggle or how to cook a soufflé.



Top tips for happiness:

5) Be creative.

- Paint a picture, write a song, a poem or a story; or even challenge yourself to learn a new craft.



6) Do something for someone else.

It's not all about me, me, me. Give to charity, organise a charity event for your house charity, volunteer, do a random act of kindness for someone.

Top tips for happiness:

7) Watch less TV / screens.

It's not a popular idea, but it works. Don't have the TV / screen on all the time; decide what you really want to see and only watch those programmes. You'll have so much more spare time, you'll sleep better, save electricity as well and have time for to achieve so much more!



8) Grow something!

Plant some seeds or a bulb and care for your plant as it grows.

Top tips for happiness:

9) Appreciate your surroundings

Take pleasure in blue skies and frosty mornings, or a warm house and the sound of rain on the windows.



10) Count your blessings

Concentrate on the positive and think of three good things that have happened to you every day, even if it's only, "I had a nice lunch, that lesson I find hard went quickly and I learned a new chord on my ukulele."

count
YOUR
blessings

Remaining positive

And if all that doesn't work, just remember that January and February don't last forever, even though it sometimes feels like it. The shortest day is long past, and Spring is on its way.

