



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

ZERO SUICIDE SURVEY REMINDER

Centennial's "Zero Suicide Team" is charged with training and educating all staff about suicide and how to prevent it. As part of this effort, we are asking ALL STAFF to complete a survey designed to assess staff awareness on this important topic. The committee will then utilize the results of the survey to guide our activities in the coming year.

The survey link is below. Please take a few minutes in the coming days to complete the survey.

<http://www.surveymzmo.com/s3/5978770/zswfs-centennialmhc20t2>

POSITIVE NEW YEARS RESOLUTIONS

Let's be real: New Year's resolutions are hard. It's easy to say we're going to do something at the start of January and much harder to stick to it by the time June rolls around.

January is a lot more freeing—and sets us up for an amazing year—when we make realistic and positive New Year's resolutions that will continue to change our lives for the better. Here are 27 resolutions to get you started or inspire your own affirming, life-changing resolution for 2021.

1. Spend more time with/on the people who matter most to you.
2. Give back to your community.
3. Add more gratitude to your life, and share what you're grateful for with other people.
4. Cut back on your social media time.
5. Make more time for a new hobby or skill you've wanted to learn or miss doing.
6. Take trips alone, even if it's just a local day or weekend trip.
7. Practice self-care, but even the hard stuff.
8. Say no more often, especially if you're over-stretching yourself.
9. Put yourself first every once in a while.
10. Let go of the toxic relationships that no longer work for you.

11. Put more effort into a couple of newer relationships with people you think you'll really like getting to know.
12. Learn more about something that makes you curious.
13. Spend less time complaining, and more time taking positive action toward the life you want.
14. Check in at least weekly with people you love.
15. Read a book about a subject/person you don't know much about.
16. At least once a week ask someone about their life.
17. Be more vulnerable with people you can trust.
18. Show empathy/compassion to people instead of judgment.
19. Be kind to those in public-facing jobs.
20. Give yourself more grace, instead of going over your past mistakes and being too hard on yourself.
21. If you find yourself comparing yourself to others, refocus your energy on what you love about yourself.
22. Cut down on the time you spend over-working.
23. Do something really out of your comfort zone at least once every three months.
24. Spend more time in nature in both big and small ways.
25. Find ways to live a more sustainable, low-waste lifestyle.
26. Make a list of the times you were happiest in 2020. What made those moments so worthwhile? Replicate that.
27. Do at least one thing every month that scares you a little but that you think will make you so much happier.

