

# January 2022 : Issue No 5

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## Happy 2022!

How was Christmas?

The most wonderful time of the year...or maybe not?

Despite what we see on the media Christmas can be a chore for many people and for many reasons.

My mum died on Christmas Day 2016 and nowadays, I like to hunker down and not challenge myself too much.

This year we celebrated at Cae Newydd, our new Welsh home.

Sounds idyllic?

Not quite, we all had Covid and my daughter fell and has ended up on crutches.

The best laid plans!

**IN THIS ISSUE:**

**HAPPY 2022!**

**NEW YEAR'S  
RESOLUTIONS AND HOW  
TO KEEP THEM**

**MENTAL HEALTH FIRST  
AIDERS (MHFA) - COULD  
YOU TRAIN?**

# Are you making any New Year's resolutions?



According to history.com the ancient Babylonians were the first people to make New Year's resolutions, and that was 4,000 years ago!

They were also the first to hold recorded celebrations in honour of the new year, but their new year began in mid-March, when the crops were planted, and not January.

They celebrated with a 12-day religious festival known as Akitu where they crowned their new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions.

If the Babylonians kept to their word, their (pagan) gods would bestow favour on them for the coming year. If not, they would fall out of the gods' favour—a place no one wanted to be.

What about you, have you made any resolutions, and will you stick to them? Mine is to be kinder to myself - we'll see!

## What's the plan?

In my book - The Resilience Template - I describe planning as one of the four key pillars of building resilience. If you were visiting a new place, going on holiday or even decorating your home you would have a plan. That's what we need to do without resolutions and any new changes we want to make -create a how, why, and what plan.

Without a plan as soon as we get tired or stressed, we default to our old behaviour and get caught up in old patterns. Without a plan we set ourselves up to fail.

According to yougov.co.uk 12% of Britons made New Year's resolutions for 2020. They were most popular among the young; nearly a quarter (24%) of those aged 18-24 made a resolution compared to just 6% of the 65+ age group.



Of those who made resolutions, only a quarter kept all of them (26%), although half managed to keep some of them (48%). Around a quarter failed entirely (23%).

Improving health tends to always be in the top three resolutions and that has to be a big incentive to succeed. So, what might that look like? How might you tackle it? In my experience chunk it down. Look at food, hydration, exercise and sleep separately and make one small change for each. Small steps make big changes...and you're worth it!

Find the Resilience Template on Amazon



In September last year I qualified as an instructor for Mental Health First Aid Wales and in January 2022 I will achieve my English qualification. It means that I can train individuals and companies in first response for mental health conditions in both England and Wales.

## What is a Mental Health First Aider?

- Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.
- MHFA teaches you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.
- You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.
- You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Please get in touch if you are interested in learning more about MHFA training and how I can help.

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**Look out for my Menopause, Mindfulness, Resilience Template and MHFA courses in 2022.  
Cheers everyone!**

*Big smile!*

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