



Friday, December 30th, 2022



AICA NEWSLETTER

Upcoming AICA Activities			Today's Little Chuckle
Tuesdays Chair Yoga 4:00-5:00	Wednesdays Student Support Sessions (by appointment)	Saturdays Youth Sessions focusing on, "Social, Emotional Learning and Substance Abuse Prevention," with Rae 9:00-12:00	<i>In memory of Shirley LaFleur 1941-2022</i> Q: Why are teddy bears never hungry?  A: They are always stuffed! 

Happy New Year

A Moment of Mindfulness

Write in a Journal, or try "Morning Pages"

In her book *The Artist's Way*, Julia Cameron invites readers to begin each day with what she calls, "Morning Pages."

As Cameron explains on her blog, Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning.

There is no wrong way to do Morning Pages. They are not even considered "writing." They are about anything and everything that crosses your mind – and they are for your eyes only. Morning Pages provoke, clarify, comfort, prioritize and synchronize the day at hand.

Working through Morning Pages for ten minutes is an excellent mindfulness habit because you *completely focus on putting your thoughts onto paper*. It's a way to liberate your mind from the mental chatter that can set your morning off to a negative or anxious start.



Make the Goals Yours

Approximately 80 percent of people who make New Year's resolutions have dropped them by the second week of February.

That does not mean that there is no benefit in taking time at the start of the year to step back, reflect on the previous year and set some goals for the new one.

It probably sounds great to say that you are going to meditate and exercise every morning from 5:00-6:00, but if you are not really a morning person and you hate meditating, it probably will not happen, and it probably shouldn't.

Increase the likelihood of sticking with your goal by taking the time to think through the best way to achieve it given your lifestyle, budget and interests.

Instead of trying to accomplish the same five big things you've documented year after year, think small, think outside the box and make sure your goals truly represent you. This time next year, you just might be glad you did!

If you feel like you are in a bit of a "resolution rut," consider these questions to help prompt new ideas:

If you only had a year to live, what are some of the things you'd want to experience or accomplish?

Looking back on last year, what gave you the most joy?

If you had to pick a different career, what would it be?

What have you always wanted to try?

What would you do if you weren't afraid?

A new year offers an amazing opportunity to either build on great momentum or turn the page and embrace a fresh start!