

# This New Year, Give Yourself a Break and Resolve to Reset for 2021

*Making a big resolution can be counterproductive. Instead, focus on self-care.*

The Ohio State University Wexner Medical Center

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## NEWS PACKAGE


<p><b>SUGGESTED TEASE</b></p>	<p>GIVEN EVERYTHING THAT HAPPENED IN 2020, NOW MIGHT NOT BE THE TIME TO MAKE BIG, SWEEPING CHANGES IN YOUR LIFE.</p> <p>COMING UP, WHY GIVING YOURSELF A BREAK MAY BE THE BEST RESOLUTION THIS NEW YEAR.</p> <hr/>
<p><b>ANCHOR LEAD</b></p>	<p>THE NEW YEAR IS TYPICALLY A TIME TO RESOLVE TO MAKE CHANGES TOWARD A BETTER YOU.</p> <p>BUT, CHANCES ARE, YOU'VE HAD TO CHANGE AND ADAPT QUITE A BIT THIS PAST YEAR, WHETHER THAT'S NAVIGATING VIRTUAL AND IN-PERSON LEARNING FOR YOUR KIDS, WORKING FROM HOME, KEEPING YOUR FAMILY SAFE AND HEALTHY OR DEALING WITH ECONOMIC HARDSHIPS CAUSED BY THE COVID-19 PANDEMIC.</p> <p>MENTAL HEALTH EXPERTS SAY, WITH THE TURMOIL OF 2020, THE LAST THING WE SHOULD BE DOING IS PUTTING MORE PRESSURE ON OURSELVES. AND PERHAPS THE HEALTHIEST THING WE CAN RESOLVE TO DO THIS NEW YEAR IS TO JUST RESET AND GIVE OURSELVES A BREAK.</p> <p>BARB CONSIGLIO HAS MORE.</p> <hr/>
<p><b>(PACKAGE START) -----</b>  <b>CG: Courtesy: The Ohio State University Wexner Medical Center</b>  <b>:00 - :03</b>                  Shots of Elyse with baby                  Shot of Elyse teaching virtually</p> <p><b>CG: Elyse Hanna</b>  <b>Mom and teacher</b></p> <p>Shots of Lazarus in counseling session</p>	<p>(Nats - Sound) :02</p> <p>ELYSE HANNA HAS FELT THE STRESS OF THIS PAST YEAR, NOT ONLY AS A WIFE AND MOTHER, BUT ALSO AS A TEACHER. :05</p> <p><i>“Are we going to be virtual again? Are we going to stay in person? Kids moving in and out of the class because they're having to quarantine. It's been really stressful.”</i> :08</p> <p>SOPHIE LAZARUS, A PSYCHOLOGIST AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER, SAYS SHORT-TERM STRESS CAN ACTUALLY HELP US FIND SOLUTIONS AND BE PRODUCTIVE.</p> <p>BUT WHEN IT LASTS FOR MONTHS ON END, IT CAN BE DETRIMENTAL TO OUR PHYSICAL AND MENTAL HEALTH. :11</p>
<p><b>CG: Sophie Lazarus, PhD</b></p>	

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<p><b>Ohio State Wexner Medical Center</b></p> <p>Shots of Elyse with family</p> <p>Shots of Elyse crafting</p> <p><b>Sophie Lazarus (CG'd earlier)</b></p> <p>Shots of Lazarus working</p> <p>Shots of Elyse with baby</p> <p><b>Sophie Lazarus (CG'd earlier)</b></p> <p>Shots of Elyse exercising</p> <p>Shots of Elyse with family</p> <p><b>(PACKAGE END) -----</b></p> <p><b>ANCHOR TAG</b></p>	<p><i>“When stress is more prolonged and chronic, essentially our body never gets the message that the stress response can calm down and it can stop.” :08</i></p> <p>AS MUCH AS WE ALL WANT A NEW START IN 2021, COMMITTING TO A MAJOR LIFE IMPROVEMENT DURING CHAOTIC TIMES CAN ACTUALLY BE COUNTERPRODUCTIVE.</p> <p>SO RATHER THAN MAKING ONE SWEEPING CHANGE, TRY TO FIND SMALL WAYS TO BRING JOY TO YOUR DAILY LIFE, LIKE FOCUSING ON THINGS YOU’RE GRATEFUL FOR OR SCHEDULING TIME TO DO SOMETHING THAT’S JUST FOR YOU. :16</p> <p><i>“Seeing how can you better take care of yourself physically and mentally in small, doable, incremental ways, is going to be a lot more helpful than setting a really high bar, not meeting that bar and feeling more discouraged.” :14</i></p> <p>LAZARUS SAYS PRACTICING MINDFULNESS IS A GOOD WAY TO IDENTIFY SOURCES OF STRESS. AND THAT DOESN’T MEAN YOU HAVE TO BE A YOGA MASTER, BUT CAN BE AS SIMPLE AS STOPPING TO ENJOY THE LITTLE THINGS OR TAKING CLEANSING DEEP BREATHS. :10</p> <p><i>“Mindfulness is really stepping out of autopilot, being aware of what’s happening in the present moment. And when we do that, we can really have a better sense of how what we do impacts us.” :10</i></p> <p>FOR ELYSE, EXERCISE GIVES HER THE MINDFUL TIME SHE NEEDS TO MANAGE STRESS AND BE THE BEST VERSION OF HERSELF FOR HER FAMILY.</p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :08</p> <hr/> <p>EXPERTS SAY TAKING STOCK OF WHAT CAUSES STRESS CAN HELP YOU MAKE SMALL, HEALTHY CHANGES. IF IT’S SCROLLING ON SOCIAL MEDIA, FOR EXAMPLE, YOU CAN LIMIT YOUR EXPOSURE TO FOR BRIEF PERIODS OF TIME.</p> <p>HOWEVER, IF YOU’RE HAVING A HARD TIME MAKING THESE ADJUSTMENTS OR YOUR STRESS IS AFFECTING YOUR WORK OR RELATIONSHIPS, YOU SHOULD SEEK THE HELP OF A MENTAL HEALTH PROFESSIONAL.</p>
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**SOCIAL MEDIA**

<p> <b>Share it! Suggested tweet:</b></p>	<p>With all the changes and adjustments we’ve had to make in 2020, mental health experts at <a href="https://twitter.com/OSUWexMed">@OSUWexMed</a></p>
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 <b>Suggested post:</b>	<p>say making a big New Year’s resolution this year can add to your stress and be counterproductive. Instead, resolve to reset in 2021 with some self-care. <a href="https://bit.ly/3lzlodn">https://bit.ly/3lzlodn</a></p> <hr/> <p>The new year is typically a time for self-improvement, but chances are you’ve had to make plenty of changes and adjustments in 2020. Mental health experts at <a href="#">The Ohio State University Wexner Medical Center</a> say rather than making a big New Year’s resolution this year, take some time to reset, focusing on yourself and what makes you happy. <a href="https://bit.ly/3lzlodn">https://bit.ly/3lzlodn</a></p>
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**EXTRA BITES**

<p><b>CG: Sophie Lazarus, PhD</b> Ohio State Wexner Medical Center</p>	<p>Lazarus says 2020 took us out of contact with what brings us joy: <i>“The stress of 2020 has had such a huge impact on our routines in a way that really has changed our lives and gotten us out of contact with a lot of the things that tend to bring us a sense of ease, and joy and comfort.” :13</i></p> <p>Lazarus lists some healthy behaviors to deal with stress: <i>“There are a couple of just core behaviors that we want to focus on to deal with stress, but also to make us more hardy against the negative effects of stress. So things like getting enough sleep, getting outside and getting exercise, trying your best to eat healthy, avoid mood altering substances, use your social support and things like that.” :20</i></p> <p>Lazarus explains when it’s time to seek professional help: <i>“There are times when that chronic stress and anxiety really impacts us in a way that we’re having trouble taking care of ourselves, performing at work, getting along with other people. And in those cases, it’s really important to get professional help.” :14</i></p> <p>Lazarus says we can assess how technology is affecting our stress levels: <i>“If we notice that, after we’re using technology on social media, we tend to feel more anxious, more down, more depressed, then we might want to reduce our use. If we actually notice that we’re using it in a way that leads to us feeling more connected and optimistic and we’re accessing content that’s uplifting, then it really might be okay.” :20</i></p>
<p><b>CG: Elyse Hanna</b> Mom and teacher</p>	<p>Elyse explains how exercise has helped her make more positive changes: <i>“It gives me a nice alone time. It’s definitely made me change my way of my life. I’ve gotten into meal planning, and just making sure I’m all set and ready for the week and my son’s ready for the week.” :11</i></p>

**CG: Elyse Hanna**  
Mom and teacher

Elyse says she is focused on her family's mental health:  
*"I've always been aware of our mental health, but I think this year it's just as wearing so much on us. Just taking the time to step aside and say, 'Okay, this isn't a time right now, this isn't good,' or, 'We need a break as a family, we need to go do something fun or we need to, go for a walk outside.'" :16*

Elyse says big New Year's resolutions often don't stick:  
*"I've never had luck with resolutions in the past. You'd set them in January and by January 10th they were done. So, I think it's important this year just to continue with a goal and leading an overall healthy lifestyle, not just focusing on one resolution." :14*

**For viewer information on this story contact:**

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