

# New Year's Resolutions

In December, many people will head to their local Target or Michaels to find a new planner. The crisp, fresh feeling of new paper to write new and improved goals gets some of us excited. When thinking of your goals consider making them SMART (specific, measurable, attainable, relevant, and time bound), this method breaks your goals down into specific objectives and makes it easier for you to track your progress. What goals would you like to share with your child, to show them examples of healthy adult introspection? Introspection, looking within, is necessary to learn how to manage stress in a healthy manner. What regular coping skills can be implemented into your daily/ weekly routine? Some goals may be physical, spiritual, financial, or emotional. Would it be easier to have serious conversations over a family dinner? Or maybe regular family dinners, spark joy and connection that's often missing.

Research has shown that family therapy is the best treatment option for young people who misuse drugs and alcohol (SAMHSA). Many people use drugs to manage life's hardships when they feel disconnected from themselves or others. The opposite of addiction is connection, and young people benefit from connection with their families. Families who have a common mission based on autonomy and openness instead of secrecy and silence thrive. Families teach young people how to manage stress when they communicate honestly and openly with one another. Learning how to manage stress early in life could be a major factor in whether or not a young person decides to use drugs.

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

## Sources & Resources

[Why Small Conversations Make a Big Difference](#)

[SMART Goals Quick Overview](#)

[Knowing the Signs: Substance Abuse & Today's Youth](#)

## **For further information & support:**

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