

# News Release

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## **RESOLUTION REVOLUTION**

Tampa, Fla. (January, 2013). Many of us have or will soon be facing the age old question: “What will I resolve to change as the New Year begins?” A recent study indicated that 25% of New Year resolutions disappear after one week! So if we are really honest with ourselves, we have to face two questions: first, why would we even be thinking about making a resolution; and, second, are we really planning on keeping whatever it is that we resolve to do? Frequently individuals who decide to make new resolutions are simply following the crowd because there is so much hype that making a resolution is the “thing to do.” So we come up with a grocery list of things that we think we “should” and “have” to do. We decide that it is time to eat right, exercise, lose weight and maybe even go to bed earlier. And sure enough on January 1 we find that the fridge and cupboards are filled with healthy foods. We go to the gym and participate in an “exercise boot camp” and for several early mornings get up and go to step classes or spinning classes or Zumba. Maybe we even get into bed earlier than usual. Success! How long, however, do we find that we have the commitment and discipline to keep up our good works? And sure enough slowly life begins to intrude on our plans. The kids have to go to an after school activity and we don’t have time to make that healthy dinner. So while we are waiting for the kids, and find ourselves hungry, we find ourselves munching on chips or a candy bar and then we stop on the way home and pick up a fast food dinner. Or the family starts to complain because you weren’t around in the morning or dinner has become later because you worked out. Or even more important, you begin to put everyone and everything before yourself?

What if instead, we thought about making some changes that we really, really would like to make that would be a gift to ourselves and to others?

How about the following:

1. Decide to have a more positive, optimistic, “can do” attitude in the new year
2. Decide to keep expectations of self and others more in line with reality
3. Decide to put aside petty quarrels and disagreements
4. Decide to extend forgiveness for real or imagined hurts
5. Decide to view each and every experience as a opportunity to grow
6. Decide to try and find something positive in each individual who crosses our path

Resolutions are about change – real change. Being able to look realistically at ourselves – both our strengths and limitations – and come up with practical steps toward personal growth can lead us into a happy new year.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are struggling with the question of what you need to change or want to change and need some help in accomplishing your goal, help is a phone call away.

About Wood & Associates

Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater

Tampa Bay area and nationwide since 1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.

Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.

Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.