



JANUARY WELLNESS DIGEST



New Year's Reset and Refresh

We hope you have enjoyed the beginning of your 2024! Many folks use the beginning of a new year as their chance to start fresh with new goals and habits! If you are one of those people, you are not alone! Read through this newsletter for tips on how to make your New Year's resolutions sustainable, reachable, and mentally healthy.

Read through this month's edition of the wellness digest to **learn about mentally healthy new year's goals, hear about upcoming events, and gain a new wellness tip!**

New Year's Goals and Mental Health



Why do these goals matter?: Setting [goals can have major benefits](#) for our mental health! When we set and achieve goals, we give ourselves a sense of accomplishment and remind ourselves that we're capable of doing great things. But on the flip side, setting goals that are unrealistic or otherwise harmful can lower our self-esteem.

Read below for tips on mentally healthy goals!

Tip #1: Think about your motivations for your goals

It's common knowledge that New Year's resolutions are often centered around our appearances. How often have you heard someone say that this is the year they want to lose weight or get in shape? While goals like these aren't inherently harmful, they demonstrate why we should think about the motivations behind the goals we set. If a goal is rooted in low self-esteem or a lack of self-love, it's likely that achieving your goals will not fix the way you feel about yourself.

Tip #2: Make sure your goal is reachable

A goal should be something we have to work for to achieve, but it's important that we don't bite off more than we can chew. Setting goals that are unattainable can have an adverse impact on our self-esteem, making us feel like we're incapable of making our dreams a reality.

Instead, try to ensure that goals are SMART: specific, measurable, achievable, realistic, and time-bound. [Click here to read more about SMART goals!](#)

Tip #3: Set goals with flexibility

Setting goals without flexibility sets us up for failure! If you set a goal like, "I want to read at least a few pages every single day this year," then your goal becomes unreachable the very first time that life gets in the way! Instead, try pivoting to a goal with more flexibility. Instead of reading every single day of the year, maybe your goal becomes, "I want to read, on average, 2 books per month."

Read more about this topic by [following us on social media!](#)



Blue Skies Ahead 2024: Lighting the Path



Friday Night Dinners

March 1, 2024, 6-9PM

Join Mentis for an intimate evening of the best Napa Valley has to offer. You will be treated to an exquisite dinner, delectable wine, and even better dinner conversation at a fabulous venue in the Napa Valley. Each venue will seat 10-15 guests and feature a 3-course meal with wine pairings. Each ticket purchaser will receive an event welcome packet to reveal which venue invites them to dinner.

Saturday Reception

March 2, 2024, 4-7PM

Illuminate, Engage, Ignite

Light the path toward mental health and wellness for all at our Saturday reception. Between a life-size version of the Game of Life, an exhilarating guest speaker, and a live auction, you won't want to miss this illuminating event. Join us at the CIA at Copia at 500 1st Street, Napa, CA.

With light bites and a strolling wine tasting, you'll be out of here in time to make your dinner reservations.

Online Auction

February 24, 2024, 12pm – March 2, 2024, 6pm

Support Mentis, community mental health, and shop for fabulous and one-of-a-kind items and experiences – all without leaving the comfort of your own home! This is an auction you definitely won't want to miss!

More information is coming soon, but you can pre-register by [clicking here](#) and selecting, "Get Started"!

[Purchase tickets today!](#)



Here's this month's wellness tip: [practice gratitude!](#) At its core, practicing gratitude is the act of consciously making note of the things for which we are grateful. It's not about using the good things in life to ignore our feelings or to only 'look on the bright side.' Instead, gratitude is about finding what we're thankful for, even in difficult moments. Gratitude has been shown to have fabulous benefits for our mental health and wellbeing!



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

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