

**FOR IMMEDIATE RELEASE:**

Feb 7, 2019

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**Getting Mentally Fit, Following up on New Year's Resolutions**

**(OKLAHOMA CITY)** – According to a recent poll, 44 percent of people made a New Year's resolution. Of that 44 percent, only 10 percent stick to their New Year's resolution for longer than six weeks. New Year's resolutions often fail, despite best intentions. In a recent behavioral research study on motivation and habits, experts have laid out a better plan to stay motivated and on track to achieve goals.

1. Writing down goals is critical in order to accomplish them.
2. Goals should be personally meaningful. People are more likely to stay on track with goals when they are important, interesting and enjoyable.
3. Breaking goals into smaller milestones. Accomplishing these milestones provides a clear sense of progress. Celebrating small wins keeps one motivated.
4. Communicating goals to others increases the likelihood of success due to motivation to achieve them.
5. In case of a setback, make allowances that these can occur and starting over is always an option.

Sunbeam offers high-quality, affordable Counseling services for people of all ages who need help with life's challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Clients learn ways to identify, cope and build strengths to overcome difficulties.

Sunbeam's staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience and areas of expertise. Counselors are Licensed, License Eligible, or Master Level Interns who are supervised by Licensed Clinicians. Sunbeam's counselors are professionally trained in individual, marital, relationship and family therapies. They have the experience and dedication to help individuals and families find solutions that provide hope. For more information call 405-528-7721.

Through March 31, Sunbeam is asking the community to join them in "giving hope and restoring dignity" for Oklahoma's homeless seniors through raising \$65,000 to fund Sunbeam's Emergency Senior Shelter, the only homeless shelter for seniors in the state. Last year, 99 homeless seniors aged 60 and older sought safety in the Emergency Senior Shelter, many of whom were without a family support system and had a limited monthly income. For more information, visit [sunbeamfamilyservices.org/dignity](http://sunbeamfamilyservices.org/dignity) or call 405-609-8994.

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**About Sunbeam Family Services**

Sunbeam helps children, families and seniors learn, grow, heal and thrive. Founded in 1907, Sunbeam Family Services is one of Oklahoma's longest serving nonprofits, providing help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit [sunbeamfamilyservices.org](http://sunbeamfamilyservices.org), or join in the conversation on Facebook, Twitter and Instagram.