



Start your mental health journey right

Many of us set goals or expectations throughout the year at work or in our personal lives. However, if these expectations are unrealistic, they can potentially set us up for disappointment, depression, anxiety, addiction, or other mental health issues that can interfere with our daily lives.

Set realistic, personal goals

“The desire to be our best self is the first and honest step towards real, positive change,” notes Britany Alexander, MD, psychiatrist Kaiser Permanente. Though people in your life may have ideas, it’s best to stay true to yourself. Choose something that you want to tackle in your life. You’ll be more likely to follow through on your commitment if it’s a personal goal, not someone else’s

Make it achievable

When you decide to make a change, it can be tempting to set many aggressive goals at once, like going on a diet, exercising every day, and drinking lots of water. Dr. Alexander says to resist the urge to take on too much. People tend to become discouraged and quit quickly if they miss their mark on unreasonable targets. Instead, make small, achievable goals that set you up for success.

Take it step by step

Remember that small changes can add up to real results. “Taking too big a leap at any point in your life could result in discouragement, and that could ultimately lead you to disappointment,” says Dr. Alexander. Be kind to yourself by being realistic and focusing on progress, not perfection. If you don’t make it today, show up again tomorrow. You’re worth a second, third and fourth chance.

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