



2015 Resolutions

Resolution Solutions for a New Year

Feel enormous pressure declaring your New Year's resolutions? If so, mindfulness can help ease the burden for 2015 intention setting. Mindfulness is a mind-body technique involving awareness of breath to focus one's mind in the present. With a little guidance, mindfulness can improve your mood because it induces the relaxation response – a physiological response in which blood pressure drops, heart rate slows and stress hormone levels decrease.

Support amazing change in 2015 and beyond with simple tips to promote mindfulness:

- **Before you commit, sit with it.** You're much more likely to stick to goals that are in line with what's most important to you. That's why you need time to reflect how goals support where you want your life to head. Prioritize and sit with goals before committing to them.
- **Birds of a feather flock together.** To benefit from positive influences of others, seek out people or frequent places with others likely to share similar goals. Join a running club if you like to run races, get involved with a charity whose cause matters to you or join a networking group related to your job industry.
- **Visual affirmation.** Visual prompts keep what matters most to you front and center; post pictures and inspiring notes in your car, office and throughout your home.
- **Reward yourself along the way.** From the start, create a game plan for each goal and determine milestones. Celebrating milestones along the way will encourage you to stay on pace to attain your ultimate goals.

Once your goals become reality, you're likely to recall 2015 as a real turning point in your life!

Boost Your Winter Resilience

With the right foods, both immunity and emotional well-being are within reach all year long. Beat the winter blahs with a diet rich in...

Omega-3s ease depression and reduce inflammation, which is often linked to getting sick. Fatty fish, nuts, seeds and walnuts are rich in Omega-3s.

Vitamin D has been linked to huge increases in immunity as well as lowered depressive symptoms. Egg yolks and fatty fish are good sources.

Vitamin B supports neurological health; especially vitamin B3 and folate helps manufacture serotonin. Avocados, oats, and eggs are great choices!

Magnesium reduces depression and stress, and bolsters immunity. Leafy greens, fish and nuts are rich in magnesium.

Does someone you care about have a problem with drugs or alcohol? Gateway can help. Call today to learn about our free and confidential consultation.

24-Hour Helpline
877-505-HOPE (4673)
RecoverGateway.org

Connect & Protect

Talk to Your Children to Prevent Drug Abuse

We understand it's scary to think about the widespread use of alcohol, marijuana and other drugs among teens today. However you have a powerful tool to discourage your kids from using alcohol and drugs – talk openly and often about the issue. While figuring out what to say can be tricky, remember parents have incredible influence over their child's choices, and kids need your guidance when it comes to navigating choices about using drugs and alcohol.

- When you talk with your child about drinking and drug use, listen and respect what he or she has to say. If your child feels judged they are less likely to turn to you with concerns.
- Teach your child about the dangers of drinking and drug use. Discuss laws, repercussions and health related outcomes.
- Find out what's going on at school. If it means having conversations with school leaders about drug and alcohol use in school, take that extra step.



Find more helpful tips, parent's checklist, and other helpful resources for parents online at RecoverGateway.org/Parents

Protect Your Medicine

If a doctor writes you a prescription for medicine, it's important to store it in a safe and secure location, and don't forget to dispose responsibly. Why all the fuss? It's because for millions of Americans, prescription drugs offer an easily accessible and inexpensive means to get high. The most common prescription drugs fall into the following categories: pain relievers like opioids and narcotics; depressants and stimulants.

Most Abused Rx Drugs

Painkillers

Vicodin, Tylenol with Codeine, OxyContin, Percocet

Depressants

Klonopin, Nembutal, Soma, Valium, Xanax

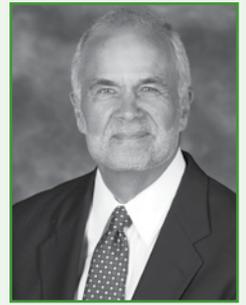
Stimulants

Adderall, Concerta, Dexedrine, Ritalin

Understanding Habits

By Dr. John Larson

A large portion of our waking lives is filled with habits of behaving that seem almost automatic. For instance, we may walk into the bathroom first thing in the morning and immediately reach for a toothbrush and toothpaste. The fresh taste and sweetness of the toothpaste triggers a small response in the reward center of the brain, and the behavior is reinforced.



Dr. John Larson
Corporate Medical Director
Gateway Treatment Centers

In fact, habitual behaviors like brushing one's teeth create pathways in the brain that actually change its chemical activity in a way that is similar to the change produced by addictive substances. The stronger and faster the behavior affects that reward center, the quicker a habit is formed.

So, what's the best way to break a bad habit? Form a good habit that is incompatible with the behavior we are trying to change, and "stick with it!" The reward of that new behavior may not be apparent at first. Research suggests it takes an average of several months to form a new habit through repetition so we have to be mindful and make a concerted effort to "stick with it" until new connections to the brain's reward center are formed. When that happens, the new behavior becomes easier and easier, and as a result we have a new healthier habit to replace a less desirable one.

If we "stick with it," together we can reap the benefits of enhanced wellness in 2015 and beyond!

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ILLINOIS' LARGEST PROVIDER OF SUBSTANCE ABUSE TREATMENT

Aurora | Carbondale | Caseyville | Chicago River North | Chicago West
Lake Villa | Pekin | Springfield | Swansea

Gateway Alcohol & Drug Treatment is a non-profit organization with treatment centers located throughout Illinois. We are dedicated to making a real difference in the lives of the people we treat. We are recognized as an in-network provider for most health insurance plans and accept fee for service. We also provide treatment to individuals who may be eligible for services funded in whole, or in part, by the Illinois Department of Human Services.

MORE WAYS TO STAY INFORMED

