

Valley Mental Health/KUTV2 Noon show January 18, 2012
Dr. Rene Valles
Talking Points

Setting Family Resolutions for the New Year

When it comes to setting New Year Resolutions, people generally focus on individual resolutions, i.e., weight loss, exercise and overcoming bad habits. When setting resolutions you should not overlook the importance of resolving to improve family relationships.

Here are some things you can do in setting Family Resolutions:

- **Schedule a time on the calendar to discuss a plan**
- **Include the entire family (this may include extended family)**
- **Brainstorm ideas**
- **Be realistic**
- **Document the plan, i.e. write down activities on a family calendar**
- **Re-evaluate the plan**
- **HAVE FUN!**

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