



**KEITS**

Keeping Excellence  
in Training Standards

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# EQUALITY MATTERS

KEITS Training Services Ltd

**THIS  
ISSUE:**

**NEW YEAR,  
NEW YOU!**

- **Auld Lang Syne**
- **Is it healthy?**
- **Healthy change**



In this newsletter we look at the topic of the new year, and potentially a new you.

With the new year upon us many people will be making new year resolutions. 12% of Britons made resolutions in January 2020 according to YouGov.co.uk but only 26% of those actually kept to their resolutions.

In this issue we look at what new year and resolutions mean, are they healthy to make, and how to make changes to your life in a positive way if you are going to do so.

# Auld Lang Syne

Should auld acquaintance be forgot  
And never brought to mind?  
Should auld acquaintance be forgot  
And auld lang syne?

Every year, millions of people join together to sing this traditional New Year song, but what does it mean?

Auld Lang Syne's lyrics are attributed to the Scottish poet Robert Burns and translates to 'old long since' or 'times gone by'. It is a song about reflecting on the past and looking to the future.

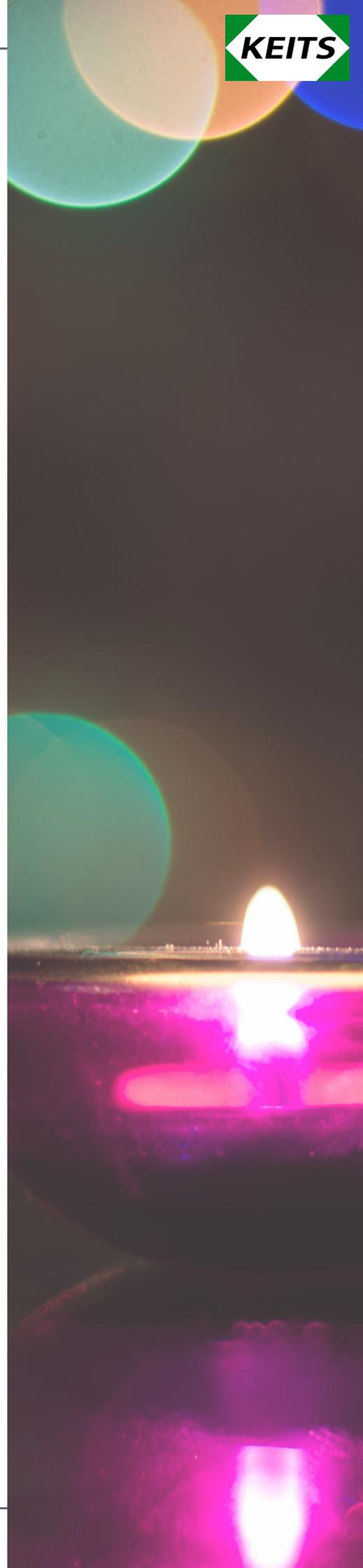
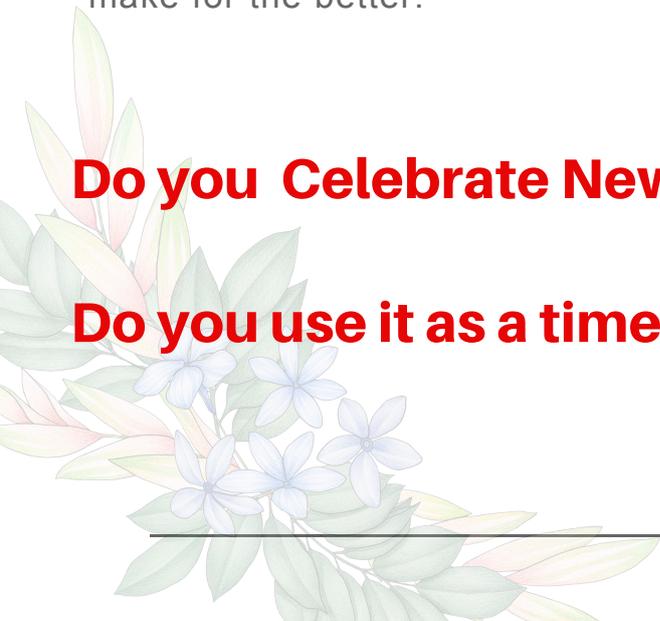
The song goes on to say 'we'll take a cup of kindness yet', which refers to the act of raising a glass to good will, friendship and kind regards.

A new year brings new opportunities for reflections on the past and for people to make changes to their life, hopefully for the better.

Millions of people across the world look at their lives this new year and wonder what changes they can make for the better.

**Do you Celebrate New Years Eve?**

**Do you use it as a time to reflect?**





# Is it a healthy tradition?

The tradition of 'new years resolutions' can be first traced back to the Babylonians 4000 years ago. They would make promises to the gods when planting their crops to pay their debts and return borrowed items. If they kept their promises then the god would favour them for the rest of the year.

This principle has developed over the centuries to the new year resolution practice we see today.

But is it healthy?

Are we under pressure to make resolutions by society and our peers and is the pressure of making resolutions having a negative impact on our mental health?

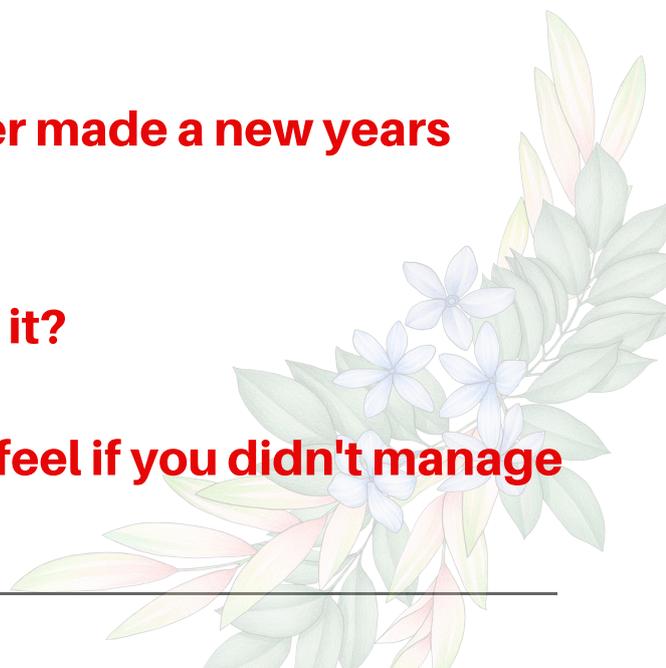
Research has shown that failure or fear of failure has a negative affect on our mental health as well as our physical health. If you want to make a change, why wait until New Year?

Of the 3/4 of Britons who didn't keep their resolutions in 2020 do you think they felt bad about themselves?

**Have you ever made a new years resolution?**

**Did you keep it?**

**How did you feel if you didn't manage to keep it?**



# How to make a healthy change

Are you keen to make a new years resolution?

We have put together some tips on how to make a resolution and maintain your mental health.

To ensure resolutions are easy to follow and measure your success. We recommend using the "SMART" way to make a target.

## Specific

Be clear to yourself what it is you want to achieve to help your to stay focused. e.g 'I want to become a supervisor at work'

## Measurable

Help yourself by setting a goal that can be easily measured, ideally at regular intervals. e.g 'I need to complete this course'

## Achievable

Ensure that the goal is achievable for you. e.g 'I can work on the skills and then will aim to become a supervisor'

## Relevant

The goal must be relevant for you. Is the goal right for you, the right time, is the time spent working towards the goal worth the effort.

## Time-based

Set yourself a specific time to achieve by and a good time frame to complete your goal. 'become a supervisor in 6 months'

It's important not to get too upset or give up too quickly if things do not go your way. You may need to adjust your goal or timeline accordingly. It's ok to do this!

You must not put too much pressure on yourself to achieve if it is affecting your mental health, make sure you are enjoying the journey you're on.

