

SPECIAL NOTICE

In response to the global outbreak of COVID-19, Parkinson Society BC staff are working remotely until further notice. We will continue to offer programs and services in alternate formats. For the most up-to-date information, please visit this PSBC web page: www.parkinson.bc.ca/coronavirus. If you have any questions, please contact us at info@parkinson.bc.ca.

UPCOMING EVENTS

- **SongShine with Joani** | Thursdays, November 4 – December 16, February 3 – March 10, & March 17 – April 21
Learn more & register: www.parkinson.bc.ca/songshine-with-joani
 - **Dance the Holidays** | Thursdays, November 18 – December 16
Learn more & register: <https://bit.ly/dancetheholidayspd>
 - **PD Warrior 10 Week Challenge** | Tuesdays, January 4 – March 8
Learn more & register: www.parkinson.bc.ca/pd-warrior
 - **Parkinson's Pilates** | Thursdays, January 6 – 27
Learn more & register: <https://bit.ly/parkinsonspilates>
 - **Drumming for Parkinson's** | Wednesdays, February 2 – March 9 & March 16 – April 20
Learn more & register: www.parkinson.bc.ca/drumming-classes
 - **Virtual Gardening Group** | Every other Thursday, March 10 – September 22
Learn more & register: <https://bit.ly/pdgardeninggroup>
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UPCOMING FUNDRAISING EVENTS

Champions for Parkinson's

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)

We're looking for more Champions!

Do you want to help fund research, grow support networks, and improve quality of life for those living with Parkinson's? Become a Champion for Parkinson's and plan your own independent community fundraising event! Contact Caroline Wiggins at cwiggins@parkinson.bc.ca or 1-800-668-3330 ext. 255.

TIP JAR

The Tip Jar is where we share advice from Parkinson's community members. This month, we share advice on New Year's resolutions and goal setting.

- It is important to keep in mind that a “quality of life” with Parkinson’s puts a different spin on goal setting. It is key to focus on goals that are important to you here in the now. Not everyone may agree with your goal and that is OK. So dream a little: who are you now and what do you want to achieve in the future? This could mean a month from now, 6 months from now, or a year from now. It can be a very simple goal or an elaborate goal - you get to choose because only you know what you want. You are the author of your own destiny. Remember - you are not Parkinson’s disease, it is just a hitchhiker in your body and brain. Be smart and live your life to the fullest, keep your goals simple and attainable, and make sure your goals fit with your vision.

Do you have any tips or tricks that you would like to share with the PD community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas at info@parkinson.bc.ca.

NEWS & ANNOUNCEMENTS

Holiday closure

Parkinson Society British Columbia will be closed for the holidays from December 24 through January 3. All inquiries will be managed when we reopen at 8:30am on Tuesday, January 4. Happy holidays, and we look forward to serving you in 2022!

Parkinson SuperWalk donations

Thank you to everyone who participated in and donated to this year's Parkinson SuperWalk! If you missed our livestreamed Opening Ceremonies on September 11, you can still watch them on our YouTube Channel at <https://bit.ly/sw2021ceremonies>! Despite the challenging circumstances, your incredible support has helped raise over \$282,000 and counting! It's not too late to make a difference – donations will be accepted until December 31. Team and individual totals, as well as options for donations, are available at www.parkinson.bc.ca/superwalk.

PD Warrior 10 Week Challenge

Ring in the new year with PD Warrior’s signature program, the 10 Week Challenge! PD Warrior is a Parkinson’s-specific exercise program based on the principle of neuroplasticity and is designed to help you live better with Parkinson’s. The 10 Week Challenge is a moderate- to high-

intensity exercise program suitable for those who are able to walk independently with or without a walking aid, as well as follow verbal and visual instructions. The program, which starts on January 4, 2022, will use a variety of physical and cognitive activities to challenge your stamina, strength, balance, and dual-tasking abilities. A video physiotherapy assessment is required to determine eligibility and safety, as well as to obtain an individualized exercise program to complement the weekly group exercise class. To learn more and register, please visit www.parkinson.bc.ca/pd-warrior.

Renew your membership for 2022

It's that time of year again! Renew your membership, or become a member of Parkinson Society British Columbia and continue to be part of our friendly, caring, and supportive community. For just \$25, you can sign up to get an annual membership for you and your household, valid until December 31, 2022. Learn more about becoming a member today at www.parkinson.bc.ca/membership. Do you have questions about membership? Please contact Susan Atkinson, *Donor & Member Services Coordinator*, at satkinson@parkinson.bc.ca.

COVID-19 vaccination

Throughout 2021, COVID-19 vaccines will be made available to all Canadians. Read Parkinson Society BC's COVID-19 Vaccination Statement for more information about the vaccine – including how it works, how it will be distributed, and considerations for people with Parkinson's – at www.parkinson.bc.ca/covid-vaccine.

DISCUSSION TOPIC: New Year's resolutions, self-exploration, and goal setting

Discussion Questions

1. What do you look forward to most with the start of a new year?
2. What are your New Year's resolutions for 2022?
3. What have you done in the past to ensure that your resolutions are successful?

Looking ahead to the upcoming New Year provides us an opportunity to slow down, reflect on the year that has passed, and think about our dreams, wishes, and goals. As the present year draws to a close, many people partake in the common tradition of setting New Year's resolutions. In fact,

New Year's resolutions date back to ancient Rome ("Why Do People Make New Year's Resolutions?," n.d.). The month of January derives its name from the ancient Roman god, Janus, who had two faces that allowed him to simultaneously look forward and backward ("Why Do People Make New Year's Resolutions?," n.d.). The Romans pictured that on December 31, Janus was looking at both the past and upcoming year, and so the Romans forgave enemies and made promises in the hopes of being blessed for the year ahead ("Why Do People Make New Year's Resolutions?," n.d.). While modern motivations behind New Year's resolutions may have changed since their origin, the desire for prosperity, happiness, and health that often underlies them remains the same. Unfortunately, many of us know from experience that such goals frequently fail. However, research is now revealing that there are effective ways to set goals that will better ensure their success. The COVID-19 pandemic has also provided many people with an opportunity to slow down and reconsider what they truly value in life. Assessing one's values can uncover what is important to them, which will help in setting effective, desirable goals (Wade, 2009).

Self-exploration of values

Values give our lives meaning, inspire us to continue in the face of adversity, and can help guide our decision making (Selig, 2018). They are derived from many sources, such as childhood, family, religious teachings, and society overall (Selig, 2018). When decisions in life result in outcomes that are out of alignment with our values, we may suffer from unhappiness or dissatisfaction ("What Are Your Values?," n.d.).

Having clearly defined values can help keep negative emotions at bay by not allowing fear, anxiety, and self-doubt take over when faced with difficult circumstances, and may even help individuals who suffer from depression (Tartakovsky, 2021). Values can help us set firm boundaries and allocate our time and resources to what really matters (Tartakovsky, 2021).

However, many people go through life without a deep sense of who they are and what they value. Even though identifying our values might sound like a simple task, the reality may be more complex. This is where a self-exploration exercise to uncover your values may be helpful. There are many ways to go about this, including:

- **Thinking about those you love and admire:** examining the values embodied by the people you love may help you in adopting those values for yourself (Selig, 2018).
- **Using a values inventory:** there are various online inventories available to help you uncover your values in a structured way, such as the Life Values Inventory (Selig, 2018).
- **Self-observation and assessment:** by living mindfully and questioning the values behind the decisions you make, you can learn a lot about what drives your motivations and ideals (Selig, 2018).
- **Reflecting on the past:** thinking of times when you were most fulfilled and satisfied with your life can also help to uncover the things that make your life meaningful (“What Are Your Values?”, n.d.). Take a moment to reflect on which core values were being prioritized during this time (Tartakovsky, 2021).
- **Visualizing your ideal self:** using an image of the person you’d like to become can expose your values (Raypole, 2020). What characteristics does this person embody, and what matters to them?
- **Exploring your passions:** passions help make life meaningful, and can offer powerful insights into the things that result in enrichment and happiness (Raypole, 2020). Passions can involve the bigger picture, like a career, but can also include hobbies and how we spend our free time (Raypole, 2020).
- **Talking to a therapist:** speaking with a professional may offer an objective, third-party perspective in guiding self-discovery (Raypole, 2020).

Goal setting

Despite their popularity, most New Year’s resolutions fail within the first three months (Oscarsson, et al., 2017). However, there are scientifically proven ways to increase the odds of success. One study showed that participants who set approach-oriented goals (goals that aim to achieve a positive outcome) were more successful than those who set avoidance-oriented goals (goals that aim to avoid a negative outcome) (Oscarsson, et al., 2020). An example of an approach-oriented goal might be, “I want to earn a promotion this year,” whereas an avoidance-oriented goal might be, “I want to avoid performing poorly at my job.” That same study showed that when structured

appropriately, New Year's resolutions can have lasting impacts, even when participants were surveyed a year later (Oscarsson, et al., 2020).

Many people are also familiar with the SMART framework, an acronym that can be used to help guide goal setting. The first known use of the term was in 1981 by George T. Doran. However, experts have revised SMART goals to include two more principles, thus changing the acronym to SMARTER (Wade, 2009).

For example, a goal might be to increase your fitness level. Here is how to break that goal down using SMARTER goal setting:

S – Specific | Goals should be clear and precise, including who, what, when, where, and why.

Example: "I will visit the local fitness centre to go swimming three times a week for a minimum of 30 minutes each time."

M – Measurable | Tracking goals and measuring their success will help you stay on-track.

Example: "I will use my fitness watch to set timers for 30 minutes while I am in the pool. I will track my weekly progress using a wall calendar in my kitchen."

A – Achievable | Goals should be realistic and attainable, while pushing your abilities.

Example: "Since I am not yet a highly proficient swimmer, 30 minutes in the pool is an achievable starting point."

R – Relevant | Ensure your goals, and actions taken in achieving them, are aligned with your values, as well as with any other goals.

Example: "I value my health because it is the foundation to feeling my best. Swimming is also a good form of exercise, and will thus help me achieve my goal."

T – Timely | Establish a target completion date, and set time aside to work on goals.

Example: "I will make sure to pencil in time three times a week for exercise in my agenda planner. I will know I have achieved my goal after going to the fitness centre on a weekly basis for six months."

E – Evaluated | Once the goal is complete, take a moment to evaluate and consider how you might approach similar goals in the future.

Example: “After six months, I will evaluate this goal. I will consider how much my fitness level has improved, as well as additional improvements to my mood and Parkinson’s symptoms. I will also reflect on any obstacles I faced along the way, such as a busy work and social life.”

R – Rewarded | Setting rewards may increase motivation to achieve your goals.

Example: “Once I have achieved my goal, I will celebrate by taking a vacation to a nearby spa resort.”

To further increase the odds of succeeding, it is vital to set goals that are aligned with your values (Centre for Creative Leadership, 2020). When goals do not align with what people consider important in life, there is little motivation for success (Centre for Creative Leadership, 2020). However, when people set values-based goals, they tend to enjoy the process of achieving their goals more, and also experience greater happiness when they succeed (Thompson, 2020). By keeping values front and centre when deciding on your goals for the upcoming year, you can ensure a harmonious balance between what matters to you and what you want to achieve.

Additional Resources

Life Values Inventory | Questionnaire | <https://www.lifevaluesinventory.org>

Tools for Readiness, Exploration, and Evaluation | Questionnaire | <https://bit.ly/valuestree>

Goal Exploration | Worksheet | <https://bit.ly/goalexploration>

Living with Purpose and Resilience | Presentation | <https://bit.ly/purposeresilience>

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