

Set Goals instead of Resolutions in 2022 (*Interview Transcripts*)

Derick Johnson, APRN, Psychiatry, OSF HealthCare

“New Year’s resolutions are usually stressful to people because they have unrealistic expectations for a calendar year. More times than not, the resolution should be based on an incremental improvement in an area as opposed to trying to foresee or forecast a complete year of improving an aspect of one’s life.” (:28)

Derick Johnson, APRN, Psychiatry, OSF HealthCare

“Strive to improve upon mental health, physical health, emotional health, and just complete well-being. That should be the strive every year, and it shouldn’t take a calendar year to force you to understand what your deficiencies are in aspects of your life. It’s a constant work in process. Life is a constant work in process – and it just doesn’t start on January 1.” (:25)

Derick Johnson, APRN, Psychiatry, OSF HealthCare

“It’s difficult to reach a goal if you continuously are unsuccessful. You have to reach a place where you can say ‘OK, I’ve accomplished this and now I can move to something closer to achieving the long-term goal.’ So definitely smaller, short-term goals or smaller incremental success are the best ways to successfully reach any goal.” (:29)

Derick Johnson, APRN, Psychiatry, OSF HealthCare

“When I talk to people in general about New Year resolutions I believe the best resolutions anyone can have is to leave 2022 as a better person.” (:13)