

INSIGHT

WTC COMMUNITY WEEKLY



The New Year's anthem 'Auld Lang Syne' was originally a Scots-language poem written by Robert Burns in 1788

New Year's Resolutions

It's that time of the year again when we look back on everything that's happened and start to visualise what we want to see happen or change in 2021. Yep, it's resolutions time.

Then again, since 2020 was a year unlike any other, Dr. Sophie Lazarus, a psychologist at the Ohio State University Wexner Medical Center suggests to start small. Evaluate how big the change is and if it is actually reasonable and realistic right now.

"People rarely stick to New Year's resolutions, even in a normal year," she adds, "So we don't really want to set ourselves up for that kind of disappointment and stress that makes it even harder to cope as they can be counterproductive."

This means, if you're not setting up any future goals, it's perfectly fine too. 2020 was a lot to take in. You've made it this far, you're surviving, and that's quite an achievement.

And to kick you off in a good New Year's spirit, we're having a #WTCPayDay Giveaway on Instagram! Go follow @wtc.jakarta for more details. Good luck and Happy New Year!

Yours trully,
the community editor