

New Year, New Me: College Counselling Blog #9

If you are lucky enough not to want to change anything about yourself or your lifestyle in the new year, then please let us in on your superpower. For most of us, the new year means the same old resolutions, goals and change that only lasts a week...and that's if we are feeling really motivated! Even now, as I am writing this, on day two of a 'diet', I am being seduced by a box of heroes. The odds of me eating at least ten is... 110%.

Maybe you've purchased all new stationery in an attempt to revise harder and achieve higher grades, or want to get to the gym and tone up that Christmas weight ready for the summer. Maybe this is the year you want to get those 'L' plates dirty and start learning to drive. Or perhaps you feel frozen in time, stuck or behind, like everyone around you has something you wish you had; a relationship, friendships, or a job? Maybe your goal is to become more confident and join that recreational group you've been meaning to since like...FOREVER.

The truth is most of us have something we want to do, explore, work on, and improve. What that 'something' is will be unique and individual. 'Something' could be wanting to explore and manage emotions better, like; anxiety, anger, and depression. Or maybe building on low self-esteem and confidence, talking about family life, conflict, friendships, and relationships. For others, it might be talking about something from the past that keeps resurfacing. Perhaps you want to turn negative, critical thoughts and self-sabotaging cycles into positive compassionate thoughts, and cycles of self-care.

Quite possibly you've wanted to reduce things like alcohol, drugs, smoking, screentime, gambling, nail-biting, self-harm, or excessive spending. The list of unique, individual 'somethings' is never-ending, unlike this box of heroes which would definitely be gone if I continued the list. So, for my waistline's sake and for the sake of you, the reader's sanity, I am going to stop there but the list itself is endless, like some lecturer's PowerPoints. *#IfYouKnowYouKnow*

So long story short, counselling may be able to support you in whatever 'something' you hope to achieve in 2022. And if counselling isn't a right fit, we can point you in the direction of a service that will be.

May 2022 be the year your 'New Year, New Me' lasts longer than a week.

Until next time,

The Counselling Team

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(Feedback or suggestions for the next blog or questions around the counselling service are also welcome).