

Ty Ankrom's Here's What I Think ...

The holiday season is a funny time.

For those of us in education, we look forward to that break in December (often as early as October) to recharge but then spend the whole break rushing around.

We seem to forget to take time for ourselves. I am guilty of this because I find myself checking in to social media when I'm not "doing anything" and it offers little to no real reward.

An article on NBC News by Sarah DiGiulio that aired about this time last year gave me seven easy-to-do tasks that can help me end 2018 with a renewed outlook.

According to Elizabeth Beck at the National Wellness Institute, who was interviewed for the NBC story, spending 10 minutes of time doing something good for yourself (**not** on social media) can relieve stress and improve your well being, she said.

"When you take a moment to do something for you, you will start to feel a sense of calm in what otherwise may be a hectic day," Beck was quoted as saying.

While this is the time of year when people start thinking about and even making resolutions, one of the tips that I liked is a little different: setting a daily intention.

This exercise can be as big or as little as you want to make it, the article explains.

The key is that by making it a daily exercise it will grow from something small to something big.

Read all seven tips at <https://www.nbcnews.com/better/health/7-totally-doable-new-year->



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s-resolutions-will-change-your-nc-na833281.

But for those who like making resolutions, keeping them past January may be difficult.

According to a 2016 *Forbes* article by Kevin Kruse, only

8 percent of people meet their resolutions.

A common mistake of creating resolutions is being too broad in what you want to accomplish.

Specificity is critical when setting a goal, as is having a way to measure achievement, being patient and being accountable by sharing your resolution with someone.

For the full article, go to www.forbes.com/sites/kevinkruse/2016/12/26/7-secrets-of-people-who-keep-their-new-years-resolutions/#33e561327098.

And as we move even closer to that anticipated break, do remember to make time to do something for yourself.

Have a great break and I'll be back with another column in January.



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